

COMMON SENSE
IN THE KITCHEN

E. S. MILLER

Queen's



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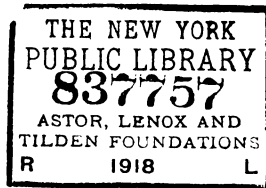
Normal Rations in Normal Times

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NEW YORK
BRENTANO'S
1918

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NOV 1918
JUL 1918
YEAR 1918

INTRODUCTION

The object of this pamphlet is to concentrate and coordinate statistics which have taken a year to obtain and though it is not a cook book to some extent it can serve as such, the recipes given having been thoroughly tested.

On personally taking over the management of our house, when the campaign against waste started last March we found ourselves unable to cope with the situation owing primarily to our lack of definite knowledge concerning the practical side of home economics.

By various short cuts we tried to acquire this knowledge only to find it was not to be had just for the asking.

By careful watching and actual experience we finally arrived at the figures herein contained which, while not actually arbitrary, form a basis according to which the needs of a modern household can be administered by the owner without recourse to extreme methods.

The following statistics give a fair idea of comparative variations in the apparent requirements of the same household of 12 servants and 3 masters while maintaining exactly the same standard of living.

Quantities used in 3 months of 30 days

	Normal Management	Extravagant Management	Unsupervised Management
Meat and Poultry.....	500 lbs.	600 lbs.	740 lbs.
Tub Butter.....	75 lbs.	80 lbs.	101 lbs.
Fresh Butter for family.....	15 lbs.	15 lbs.	15 lbs.
Bacon.....	22 lbs.	30 lbs.	42 lbs.
Cocoa.....	4 cans	5 cans	5 cans
Coffee.....	20 lbs.	25 lbs.	35 lbs.
Eggs.....	75 doz.	90 doz.	135 doz.
Flour (Bread made at home).....	195 lbs.	210 lbs.	294 lbs.
Olive Oil (for family).....	10 pints	12 pints	25 pints
Olive Oil (for servants).....	4 pints	4 pints	8 pints
Potatoes.....	200 lbs.	250 lbs.	400 lbs.
Servants' Tea.....	4 lbs.	5 lbs.	8 lbs.
Sugar, granulated.....	55 lbs.	80 lbs.	144 lbs.
Sugar, powdered.....	1 lb.	4 lbs.	7 lbs.
Sugar, confectionery.....	0 lbs.	4 lbs.	4 lbs.
Vinegar.....	6 pints	8 pints	13 pints
White Lard.....	0	12 lbs.	16 lbs.

These figures speak for themselves!

Even those given as normal may seem extravagant but at least they are possible.

Whenever compulsory rationing is resorted to it must be somewhat extravagant as it is naturally necessary to meet the maximum rather than the minimum demands of the parties concerned. Certain quantities here given may in view of impending conditions seem excessive; however, in actual practice they have not proved so heretofore.

23 J 18

82 7

NOTICE

**THE RECEIPTS HERE GIVEN
WERE ALL TESTED WITH
STANDARD FLOUR IN 1917.
OWING TO THE CHANGES IN
QUALITY IN FLOUR SINCE
JANUARY 1918, THE FLOUR
QUANTITIES AS SPECIFIED
IN THE FOREGOING RECEIPTS
MUST BE MODIFIED IF THE
BEST RESULTS ARE TO BE
OBTAINED FROM THEM UN-
DER PRESENT CONDITIONS.**

**AN AUTOMATIC EMERGENCY
MEASURE FOR THE ELIMINA-
TION OF SUBSIDIZED WASTE
IN THE MANAGEMENT OF
PRIVATE HOUSES**

The Advantages of an Itemized Standing Order System

The Standing Orders Only Apply to Provisions for the Servants

I.

As a temporary emergency measure a system of Standing orders makes it impossible for a cook to waste twice or three times as much as he (or she) needs in an effort to raise the bill and his (or her) commissions. It also eliminates the practice of selling at a discount goods supposed to have been consumed in the house, not to mention other abuses which occur in houses where the mistress lacks time to attend to the housekeeping in detail.

The following schedule is not supposed to be particularly economical. It simply is a means to discourage grafters and thieves in favor of honest servants, and is no more trouble than the ordinary way of housekeeping.

II.

Only an honest cook will stay in a house where an itemized standing order system is in operation. There are too few facilities for graft.

III.

If the order for the family meats, vegetables and fish is given by the cook to the butcher and the itemized voucher is delivered with the goods, verified by the cook and sent up the following morning on the breakfast tray of the mistress of the house there is little room for mistakes, nor can it take her long to ascertain whether one duck or two were served on her table on the previous day or whether 5 lbs. of lobster as charged for was excessive as compared with the amount actually served.

IV.

An Economic Advantage.

To feed 12 people it would take 13 lbs. of Beef, heavy weight, first cut, costing \$4.16 (prices of March, 1917). Of these 13 lbs. at least 2 lbs. must be counted out as waste and 3 lbs. being bone cannot be eaten. This

leaves 8 lbs. available meat, at most there may be actually 9. Part of this joint is eaten hot for dinner at 12 o'clock, the remainder being served cold or as hash at supper.

If instead of the above given quantity of Roast Beef one were to supply 6 pounds of Pot Roast costing \$1.92 for the midday meal and 3 lbs. Sausages costing \$0.90 for the evening meal, making 9 lbs. in all and costing \$2.82, it is evident that the latter articles of diet are considerably cheaper than the former though quite as nutritive.

This item of food distribution does not apply to households where provision must be made for less than 8 servants as owing to the minimum size of joints as for instance, leg of Lamb weighing 5 lbs. or 2 ribs of Roast Beef weighing 8 lbs., the joint if given at all must be served again in the evening, cold or hashed.

The servants' supplies and the Dairy produce for the entire household being delivered daily by standing order give no more trouble but their quantities are interdependent, and a change in the servants' bill of fare may upset the whole combination. As their meals form the eternal excuse for extravagance (or something else) on the part of cooks it is a good plan to settle the matter once and for all. An itemized standing order system settles it and the servants are sure to have plenty to eat and a well varied diet. As a rule their fare runs in inverse ratio to the proportion of the bills. Reasons—Graft or waste or both.

A Household on Liberal Rations in Normal Times

Bill of Fare for 12 servants (4 men and 8 women) for November, December, January, February, March, April.

Breakfast (7:30 o'clock)		Dinner (12 o'clock)	
Sunday 18 oz. Meat per person	Oatmeal 16 Eggs, scrambled 12 oz. Bacon	13 lbs. First cut	3 Ribs Heavy weight Roast Beef. 3 qts. Mashed Potatoes (4½ lbs.). 2 cans Corn. Ice Cream. Cake.
Monday 16 oz. Meat per person	Hominy 24 Lamb Kidneys	7 lbs.	Lamb Stew with 1 qt. Potatoes. 1 box Macaroni with Cheese. 5 yellow Turnips. Apple Charlotte (15 Apples).
Tuesday 17 oz. Meat per person	Oatmeal 16 Eggs 12 oz. Bacon	6½ lbs.	Loin of Pork, Apple Sauce. 6 qts. Kale. 3 qts. Baked Potatoes. Rice Pudding.
Wednesday 17 oz. Meat per person	Hominy 2 lbs. Fresh Finnan Haddie	10 lbs.	Fricassee of Fowl with Boiled Rice. 2 cans Peas. Pancakes with Maple Syrup (8 oz.)
Thursday 16½ oz. Meat per person (3200 calories)	Oatmeal 2½ lbs. Calves' Liver 12 oz. Bacon	6 lbs.	Bottom Round (Pot Roast) Beef. 3 qts. Mashed Potatoes. 3 qts. Carrots. Bread and Butter Pudding.
Friday 10 oz. Meat per person	Hominy 16 Eggs, scrambled 12 oz. Bacon	8 lbs. 3 lbs.	Armour Ham. Sea Trout. 3 qts. Boiled Potatoes. 2 cans Tomatoes. Gingerbread and Pudding.
Saturday 16 oz. Meat per person	Oatmeal 2 boxes Corned Beef (with potato)	7 lbs.	*Leg of Lamb. 3 qts. Potatoes. 3 qts. Parsnips. Apple Sauce Cake.

Daily average of meat and poultry per person, one pound, not including fish.

*For 15 or 16 servants substitute Leg of Mutton, boiled and served with Caper Sauce.

Enforcement of This System Caused a Sudden Reduction of About 30

Tested During March and April, 1917

This hangs framed in kitchen, with quantities specified, and in servants' hall with quantities unspecified.

Supper (6 o'clock)

Tea (3 o'clock)

Cold Roast Beef. Cocoa.
3 qts. Potatoes and Beet Salad.
1 lb. American Cheese. 12 Oranges.

3 lbs. Hamburger Steak. Soup.
Rice and Evaporated Peaches.

6 lbs. Loin Chops. 3 qts. Potatoes.
1 lb. American Cheese. 12 Bananas.

3 lbs. Beef Loaf. 12 Oranges.
Pork and Beans. Strawberry Jam.

3 lbs. Sausage Meat.
3 qts. Sweet Potatoes.
Rice and Evaporated Apricots.

Cold Ham.
Lettuce Salad (2 heads).
Creamed Codfish.
Orange Marmalade.

3 lbs. Newport Sausage.
2 cans Peas.
Rice and Evaporated Apricots.

Tea or Coffee
Cakes or Soda Biscuits or Bread and Butter

DAILY

4 lbs. Bread*

2½ oz. Tea

8 oz. Coffee (25 cups)

8 persons take coffee in the morning,
and 4 in the afternoon.

MILK

3 qts. at Breakfast.

1 qt. at Supper.

1 pint at Tea.

2½ pints daily, cooking.

1¾ lbs. Butter.

* (Corn bread to be served at supper, should
bread seem to run short.)

To adapt the above bill of fare for more or fewer persons see quantity list.

This bill of fare is not "balanced." It represents what was wanted by those it affected.

Per Cent Per Month in the Cost of the Supplies Delivered at the House

March

Daily Standing Order at Butcher (12 Servants)

MONDAY	7 lbs. Lamb Stew (\$1.40)	15 Greening Apples (\$0.75)
\$3.55	5 Yellow Turnips (\$0.40)	3 lbs. Hamburger Steak (\$1.05)
TUESDAY	6½ lbs. Loin of Pork (\$2.02)	10 Greening Apples (\$0.50)
\$10.30	6 qts. Kale (\$1.20)	12 Bananas (\$0.36)
	8 lbs. Armour Ham (\$2.40)	
	4 lbs. strip Bacon (\$1.40)	
	6 lbs. Loin Chops (\$1.92)	2½ lbs. Fresh Finnan Haddie (\$0.50)
WEDNESDAY	10 lbs. Fowl, 2 birds (\$3.20)	3 lbs. Beef Loaf (\$1.05)
\$5.85	12 Oranges (\$0.60)	2½ lbs. Calves Liver (\$1.00)
THURSDAY	6 lbs. Bottom Round (Pot Roast) Beef (\$1.92)	
\$3.87	3 qts. Old Carrots (\$0.45)	3 lbs. Sausage meat (\$0.90)
	3 qts. Sweet Potatoes (\$0.60)	
FRIDAY	3 lbs. Sea Trout (\$0.84)	2 lbs. Codfish (\$0.50)
\$1.70	2 heads Lettuce (\$0.36)	
SATURDAY	7 lbs. Leg of Lamb (\$2.03)	15 Greening Apples (\$0.75)
AND	24 Lamb Kidneys (\$0.92)	12 Oranges (\$0.60)
SUNDAY	3 qts. Parsnips (\$0.30)	3 lbs. Newport Sausage (\$0.90)
\$10.02	13 lbs. Heavy weight Roast Beef, 3 ribs, First Cut (\$4.16)	

Agreement With the Butcher

Meats delivered at my house must come to within 8 oz. of the quantities above specified. Excess weight in meat amounting to over 4 oz. need not be paid for. Items on this standing order can be countermanded by anyone in my house; additions or substitutions must be accepted only if made by me.

Note

The prices of the above mentioned items are naturally subject to the usual fluctuations of the market.

List of Groceries to be Distributed Daily or Weekly for 12 Servants

See Pages 3 and 4. This Hangs Framed in My Storeroom

MONDAY \$0.65	8 oz. Coffee (\$0.15) 1 lb. Evaporated Peaches (\$0.26) 1 box Macaroni (\$0.12) 1 qt. potatoes (\$0.12)
TUESDAY \$1.59	8 oz. Coffee (\$0.15) 6 qts. Potatoes (\$0.72) 2 lbs. American Cheese (\$0.72)
WEDNESDAY \$0.65	8 oz. Coffee (\$0.15) 2 cans of Peas (\$0.36) 1 pint Maple Syrup (\$0.29) 1 Jar Strawberry Jam (\$0.30) 1 can Pork and Beans (\$0.30) ½ pint Olive Oil (\$0.25)
THURSDAY \$0.76	8 oz. Coffee (\$0.15) 3 qts. Potatoes (\$0.36) 1 lb. Evaporated Apricots (\$0.25)
FRIDAY \$1.84	8 oz. Coffee (\$0.15) 2 cans Tomatoes (\$0.40) 1 lb. Tea (\$0.50) 2 cans Libby's Corned Beef Hash (\$0.54) 1 Jar Orange Marmalade (\$0.35)
SATURDAY AND SUNDAY \$2.71	1 lb. Coffee (\$0.30) 1 box Hominy (\$0.25) 1 box Cocoa (\$0.23) 1 lb. Evaporated Apricots (\$0.25) 1 box Oatmeal (\$0.13) 2 cans Peas (\$0.36) 6 qts. Potatoes (\$0.72) 2 cans Corn (\$0.32)

For 12 Servants and 3 Masters

The following general necessities:

Daily

3 lbs. Flour
2¼ lbs. Granulated Sugar
9 oz. Rice.

Flour, Sugar and Rice as above is a liberal allowance.

Daily Standing Order at Bakery (12 Servants and 3 Masters)

5 Pounds of white Bread.

March

Daily Standing order at Dairy (12 Servants and 3 Masters)

8	quarts Milk.....	\$0.12 per quart
1	quart Cream.....	.68 per quart
2	dozen Eggs.....	.50 per dozen
2½	lbs. Tub Butter.....	.50 per pound
½	lb. Table Butter.....	.63 per pound

Soup and Aspic Jelly Supply

Recipe

11 lbs.	Shin of Beef.....	@ \$0.11 per pound
3 lbs.	Knuckle of Veal.....	@ .20 per pound
2 lbs.	Clearing Beef.....	@ .40 per pound
1	Fowl (5 lbs.).....	@ .32 per pound
1 quart	Soup Greens.....	@ .15 per quart

Total cost, \$4.46

The above makes 6 quarts of stock.

NOTE.—The breast of the fowl can be cut off and used to make excellent Chicken hash, Mousse of Chicken, or Chicken Mayonnaise, as the remaining part of the bird suffices for the soup. Clearing beef should be cut from the top round.

Glazing Supply

(Foundation for dark sauces).

Recipe

1 pint of Soup Stock cooked in an Agate saucepan for about ¾ of an hour makes 3 ounces of Glazing.

NOTE.—Bought substitutes for Glazing such as “Kitchen Bouquet,” “Parisian Essence,” etc., were probably introduced as a special bonanza for bad cooks.

Under good management, special soup meat should not be required in a household of the size above specified.

Hanging of Meats freshly killed

Beef.....	10 days to 2 weeks	Spring Lamb.....	6 days
Chicken, Fowl...	5 days	Pork.....	2 days
Duck.....	5 days	Turkey.....	7 days
Guinea Hen.....	5 days	Calves' Liver.....	Cook at once
Squabs.....	2 days	Sweet Breads.....	Cook at once
Lamb.....	10 days	Brain.....	Cook at once
Veal Cutlet.....	2 or 3 days when cut from the main piece		
Sirloin Steak.....	2 or 3 days when cut from the main piece		
Meat should keep either 10 days in refrigerator at 40° Fahrenheit or			
3 days in refrigerator at 55° Fahrenheit			

Cost of Meals for 12 servants for one week as given on page four

	Weekly
Servants' meat and fish.....	\$27.61
Servants' vegetables (Potatoes \$2.18 weekly).....	9.48
Servants' 12 eggs, 2 lbs. butter, 6 qts. milk daily.....	17.32
Servants' three-quarters of flour, granulated sugar and rice supply	2.05
Servants' Flour for bread made at home.....	2.21
Servants' Groceries.....	8.88
	<hr/>
	\$67.55

Daily per capita cost of servants' meals as given above.... \$0.80

General Quantities per head Daily

Meat with waste and bone.....	20 ounces
or	
Meat without waste and bone.....	16 ounces
Sugar (including that used for fresh stewed fruits, icings on cake, etc.).....	3 ounces (maximum)
Bacon.....	1 ounce
Bread.....	6 ounces
Flour for cooking, Hot Breads, etc.....	2 ounces
Milk.....	1 pint
Butter (table and cooking) and white Lard.....	3 ounces
Potatoes.....	9 ounces
Other vegetables, green, etc.....	5 ounces

The Granulated Sugar Ration, 1917

For the Servants

Number of Box	Servant's Name	In Tea and Coffee	In Cereal	Per Week
1	Laundress	1 oz.	1 Flat teaspoon	9 oz.
2	Housemaid	½ oz.	1 Flat teaspoon	5 oz.
3	Second housemaid	½ oz.	1 Full teaspoon	12 oz.
4	Cook	½ oz.	0	4 oz.
5	Second cook	1 oz.	1 Full teaspoon	10 oz.
6	Kitchenmaid	1 oz.	0	7 oz.
7	Butler	1½ oz.	1 Full teaspoon	12 oz.
8	First footman	1½ oz.	1 Full teaspoon	12 oz.
9	Second footman	1½ oz.	1 Full teaspoon	12 oz.
10	Cellar man	1½ oz.	1 Full teaspoon	12 oz.
11	Lady's Maid	1 oz.	0	10 oz.

For tea and coffee, weekly.....	105 oz.
For cakes, weekly.....	14 oz.
For puddings at 12 o'clock, weekly.....	30 oz.
Extra.....	6 oz.
Total of sugar required by servants.....	155 oz. = 9½ lbs.

To each pound of fresh stewed fruit, Rhubarb excepted, allow 3 oz. granulated sugar. The same allowance is suitable for evaporated fruits if weight is calculated after they have been soaked.

The latter are perfectly good, even if stewed without sugar.

For the Family

40 ounces weekly for cakes and desserts (icings excluded).

1 pound weekly for coffee, tea, etc.

Explanation

Occasionally the above household consumed, or otherwise disposed of, about 35 lbs. of sugar per week, but the servants complained that their puddings were spoiled for lack of sweetening.

During a sugar shortage, when the above given rationing system was instituted, the consumption of sugar fell from 35 to 13 lbs. weekly. With the exception that there was plenty of sweetening in cakes and desserts things were the same as usual.

Each member of the household had a numbered box containing his or her week's sugar supply, while the weekly allotment for desserts and cakes, based on the quantities given on page 24, were posted up where all could see.

Nutritive Values of Foods, etc.

Man at hard labor requires daily.....	4060 Calories
Man at light labor requires daily.....	3310 Calories
Woman at light labor requires daily.....	2650 Calories
Child of nine years requires daily.....	1890 Calories

Percentage of Different Substances in Foods According to Statistics

Given by the Department of Agriculture

	Calories	Water	Protein	Carbo- hydrates	Fat	Ash
Chocolate..... Per Pound	5,635	5.9	12.4	30.3	48.7	2.2
Butter..... "	2,405	13.0	1.0	83.0	2.0
Bacon..... "	2,090	12.8	9.4	67.4	4.4
Sausage, Pork..... "	2,075	29.8	13.0	1.1	44.2	2.2
Cream cheese..... "	1,885	34.2	25.9	2.4	35.7	3.5
Smoked ham..... "	1,875	40.3	15.1	35.8	4.5
Chestnuts..... "	1,820	5.9	10.7	74.2	7.0	2.2
Sugar..... "	1,810	100.0
Rice..... "	1,620	12.0	8.0	77.0	2.0	1.0
Pork chop..... "	1,535	52.0	15.2	30.1	1.0
Beans, dried..... "	1,520	12.6	22.5	59.6	1.5	3.5
Beefsteak..... "	1,090	61.9	18.6	15.5	1.0
White bread..... "	1,180	35.3	9.2	53.1	1.3	1.1
Whole Wheat bread..... "	1,110	38.4	9.7	49.7	0.9	1.3
Cream..... "	881	74.0	2.5	4.5	15.5	0.5
Fowl..... "	765	47.1	13.7	12.3	0.7
Eggs..... "	695	73.7	14.8	10.5	1.0
Mackerel..... "	620	73.4	18.3	7.1	1.2
Bananas..... "	445	75.3	1.3	22.0	0.6	0.8
Potatoes..... "	375	78.3	2.2	18.4	0.1	1.0
Milk..... "	315	87.0	3.3	5.0	4.0	0.7
Cod..... "	300	82.6	15.8	0.4	1.2
Parsnips..... "	295	83.0	1.6	13.5	0.5	1.4
Apple..... "	285	84.6	0.4	14.2	0.5	0.3

Red Cross Rations

	In laborious occupations	At rest
Nitrogenous substances, e.g., Flesh.....	6.0 to 7.0 oz. average	2.5 oz. average
Fats (Oils).....	3.5 to 4.5 oz. average	1.0 oz. average
Carbohydrates.....	16.0 to 18.0 oz. average	12.0 oz. average
Salts.....	1.2 to 1.5 oz. average	0.5 oz. average

U. S. Army Rations, 1917

The Garrison Ration		The Travel Ration	
Articles	Per Capita Quantities	Articles	Per Capita Quantities
Meat, without waste or bone..... (Or meat with waste and bone, 20 oz.)	16 oz.	Corned Beef.....	12 oz.
Flour.....	18 oz.	Soft bread.....	18 oz.
Baking Powder.....	.08 oz.	Beans, baked.....	4 oz.
Beans.....	2.4 oz.	Tomatoes, canned.....	8 oz.
Potatoes.....	20 oz.	Jam.....	1.4 oz.
Prunes.....	1.28 oz.	Coffee.....	1.12 oz.
Coffee.....	1.12 oz.	Sugar.....	2.4 oz.
Sugar.....	3.2 oz.	Milk, evaporated, unsweetened5 oz.
Milk, evaporated, unsweetened.....	.5 oz.		
Vinegar.....	.16 oz.		
Salt.....	.64 oz.		
Black Pepper.....	.04 oz.		
Cinnamon.....	.014 oz.		
Lard.....	.64 oz.		
Butter.....	.5 oz.		
Syrup.....	1.32 oz.		
Vanilla Extract.....	.14 oz.		
Substitutes for the above may be obtained by the Cook, provided their monetary values do not exceed that of the items above given in the local markets.		The travel ration is for troops traveling otherwise than by marching, and separated from cooking facilities.	

Groceries

Actual statistics from storeroom book for the month of April, 1917.
List of groceries consumed by 12 servants and 3 masters in 1 month.

Compare with pages 5 and 15.

Alcohol, 1 bottle.....	\$0.85	Pears, preserved, 1 quart.....	\$0.65
American Cheese, 10 lbs.....	3.60	Raspberries, preserved, 1 quart.....	.65
Ammonia, 8 quarts.....	2.00	Rice, 16 lbs.....	1.28
Apricots, evaporated, 8 lbs.....	2.08	Rock Salt, 70 lbs.....	.38
Arrowroot, 8 oz.....	.32	Salt, cooking, 20 lbs.....	.40
Baking Powder, 1 lb.....	.42	Sardines, 1 box.....	.42
Boston Beans, 4 cans.....	1.20	Soda (Cowbrand baking), 1 lb.....	.10
Champagne Cider, 1 bottle (Ham's).....	.45	Soda (washing), 20 lbs.....	.60
Chocolate, 5 lbs.....	3.00	Soap (Colgate's), 80 cakes.....	6.00
Cocoa, 2 lbs.....	.92	Soap (Fairy, for servants), 12 cakes.....	1.40
Cocoanut, 1 lb.....	.28	Soap (Ivory), 20 cakes.....	1.60
Coffee, family, 5 lbs.....	2.60	Soap (Sapolio), 12 cakes.....	.96
Coffee, servants, 16 lbs.....	4.50	Sherry, cooking, 2 quarts.....	1.34
Corn (canned), 8 cans.....	1.28	St. Julien, 1 quart.....	.85
Corn Starch, 2 lbs.....	.18	Stove Polish, 2 cans.....	.20
Curry Powder (bottle).....	.11	Sugar, granulated, 72 lbs.....	5.76
Dutch Cleanser, 16 cans.....	1.28	Sugar, powdered, 1 lb.....	.09
Flour, 84 lbs.....	5.04	Sugar, confectionery, 9 lbs.....	.81
Gold Dust, 2 boxes, 7 lbs.....	.46	Sugar, half lump, 4 lbs.....	.50
Gelatine, 12 boxes, 24 oz.....	1.44	Tea, family, 2 lbs.....	3.50
Hominy, 2 boxes, 15 lbs.....	.75	Tea, servants, 4 lbs.....	2.00
Jams, 9 jars.....	2.90	Tomatoes, 8 cans.....	1.60
Libby's Corned Beef, 8 cans.....	2.16	Vanilla Beans, 3.....	.54
Lard, 12 lbs.....	2.88	Vanilla Extract, 4 oz.....	.50
Macaroni, 6 packages, 4½ lbs.....	.72	Vinegar (C. & B. Malt), 2 quarts.....	.45
Molasses, black, 2 quarts.....	.32	White Paper, 48 sheets.....	.50
Maple Syrup, 2 pints.....	.58		
Mustard, 2 oz.....	.10	Total.....	\$86.36
Oatmeal, 3 boxes, 4 lbs.....	.39		
Olive Oil, family, 10 pints.....	9.00		
Olive Oil, servants, 1 quart.....	1.00		
Peaches, evaporated, 4 lbs.....	1.04		
Peas (canned), 16 cans.....	2.88		

NOTE.—Evaporated fruits are just as good and half the price of canned fruit. They require 12 hours soaking before being cooked.

DURING THE MONTH OF JUNE UNDER UNSUPERVISED
MANAGEMENT THE BILL FOR GROCERIES ROSE TO \$200.

Weekly Allowances

For household of 12 servants and 3 masters, including on an average 2 guests daily.

To be compared with pages 14 and 49.

Size of residence run on the above given schedule, 50 by 100. Seven stories, including cellar, basement and attic.

Arrowroot, 4 oz., maximum.	Oatmeal, breakfast, 36 oz., 1 oz. per person when served.
Alcohol, 2 oz.	Olive Oil for family, 2 pints.
Ammonia, 3 pints.	Potatoes, 55 lbs., maximum.
Baking Powder, 8 oz.	Rock Salt for freezing, 10 lbs.
Butter, cooking, 17 lbs., maximum.	Rice, 4 lbs., maximum.
Butter, table, 3½ lbs.	Salt, cooking, 3 lbs.
Cocoanut, 8 oz.	*Soap, Colgate's, for laundry use, 8 lbs., 10 cakes.
Cocoa, 8 oz.	Soap, Colgate's, for incidentals, 3 cakes.
Chocolate, 1 lb., maximum.	Soap, Fairy, for servants' use, 6 lbs., 12 cakes (this monthly).
Coffee for servants, 4 lbs., maximum.	Soap, Ivory, for pantry use, 2½ lbs., 7 cakes, small size.
Corn Starch, 1 lb.	Soap, Sapolio, household use, 2 lbs., 3 cakes.
Corn Meal, 2 lbs.	Soda, baking, 4 oz.
Cream, 5 quarts.	Soda, washing, 3 lbs.
Dutch Cleanser, 4 cans.	Starch (fine, for laundry use), 10 oz.
Eggs, 17½ doz., maximum.	Sugar, granulated, 17 lbs., maximum.
Flour for cooking and hot breads, 14 lbs.	Sugar, powdered, ½ lb.
Flour for bread, if made at home, 28 lbs.	Sugar, confectionery, 1 lb., maximum.
Gold Dust, 1 package of 3½ lbs. This represents 70 pailfuls cleaning fluid.	Sugar, in half lumps, for family use, 1 lb.
Gelatine, 4 oz. (2 packages).	Tea, for family, ½ lb.
Hominy (breakfast), 3 lbs. (1 oz. per person when served).	Tea, for servants, 1 lb.
Lard, White. Superfluous, if the drippings are conserved.	Vinegar, malt, 1½ pints.
Maple Syrup, 1 pint, maximum.	Vanilla Extract, 2 oz.
Molasses, black, 1 quart.	White Paper, 4 sheets. (For Cooking)
Macaroni, 1 lb.	

* One-third of the washing is done outside.

NOTE.—The prices given below were those at one of the most expensive and highest class markets in New York City.

Ordering table and retail price list of March, 1917

A, B, C

At Butcher	Weights or Quantity	Prices	Quantity to feed 4 to 5 persons	Quantity to feed 8 to 9 persons	Quantity to feed 11 to 12 persons
Apples (Greenings).....	20	\$1.00			
Artichokes.....	1	.20	3 if halved	6 if halved	7 if halved
Asparagus (Carolina).....	20 heads	1.25	36	50 heads	70 heads
Bacon (B. N.).....	1 lb.	.45			
Bacon (Ferris).....	1 lb.	.35			
Bananas (Cooking).....	1	.03			
Bananas (Red).....	1	.08			
Bar le Duc Jam.....	1 jar	.40	1 with cheese	2	3
Beans (Lima).....	1 qt.	.25	3 qts.	5 qts. (5 lbs.)	6 qts.
Beans (String).....	1 qt.	.30	1 qt.	2 qts. (1½ lbs.)	3 qts.
Beef (Delmonico Steak).....	1 lb.	.38			
Beef (Bottom Round).....	1 lb.	.32		4 lbs.	6 lbs.
Beef (Filet).....	1 lb.	.90			
Beef (Liver).....	1 lb.	.20	1 lb.	2 lbs.	3 lbs.
Beef (Porterhouse Steak).....	1 lb.	.40	3½ lbs.	5½ to 6 lbs.	7 lbs.
Beef (Rib Roast).....	1 lb.	.32			8 lbs. 1st cut
Beef (Sirloin Steak).....	1 lb.	.32	3½ lbs.	5½ to 6 lbs.	7 lbs.
Beef (Stew).....	1 lb.	.20			
Beets.....	1 qt.	.36	1 qt.	2 qts.	3 qts.
Brain.....	1 pair	.15	1 large pair	2 large pair	3 large pair
Butter (Tub).....	1 lb.	.55			
Butter (Table).....	1 lb.	.63			
Cabbage.....	1 lb.	.15			2 heads
Calves' Liver.....	1 lb.	.40	1 lb.	2 lbs.	3 lbs.
Cauliflower.....	1	.35	1	2	3
Carrots (small).....	1 qt.	.24	1 qt.	2 qts.	3 qts.
Carrots (old).....	1 qt.	.15	1 qt.	2 qts.	3 qts.
Celery.....	1 bunch	.40	2 (4 lbs.)	3	4
Cheese (American).....	1 lb.	.36	5 oz.	10 oz.	1 lb.
Cheese (Cream).....	1	.12	2 to 3	4	5
Chestnuts.....	1 lb.	.30	2½ lbs.	4 lbs.	5 lbs.

C to L

At Butcher	Weights or Quantity	Prices	Quantity to feed 4 to 5 persons	Quantity to feed 8 to 9 persons	Quantity to feed 11 to 12 persons
Chickens' Livers.....	1 lb.	\$0.75	10 livers	16 to 18	22 to 24
Chicken (Broiler).....	1 lb.	.55	3 lbs.	5 lbs.	7 lbs.
Chicken (Roasting).....	1 lb.	.42	4 lbs.	8 lbs.	10 lbs.
Chicken (Fowl).....	1 lb.	.32	4 lbs.	8 lbs.	10 lbs.
Chops (Loin).....	1 lb.	.36			6 lbs.
Codfish.....	1 lb.	.25			
Corned Beef.....	1 lb.	.30			3 lbs.
Cream.....	1 qt.	.68			
Crab Meat.....	1 lb.	.90	8 oz.	1 lb.	1½ lbs.
Crabs (Hard).....	1	.06	7 for Farcie	14	20
Crabs (Soft).....	1	.25			
Cranberry.....	1 qt.	.25			
Duck.....	1 lb.	.32	4½ lbs.	9 lbs.	12 lbs.
D. Farm Sausage.....	1 lb.	.35	1 lb.	2 lbs.	3 lbs.
D. Farm Sausage Meat.....	1 lb.	.40	1 lb.	2 lbs.	3 lbs.
Eggs.....	12	.50			
Eggplant.....	1	.35	1	2	3
Endives.....	1 lb.	.65	1 lb.	2 lbs.	3 lbs.
Finnan Haddie.....	1 lb.	.25			
Guinea Hen.....	1	1.38			
Ham (Ferris).....	1 lb.	.30	1 large slice of cooked ham will weigh about 1½ oz.		
Ham (Virginia).....	1 lb.	.45			
Hamburger Steak.....	1 lb.	.35	1 lb.	2 lbs.	3 lbs.
Kale.....	1 qt.	.20	2 qts.	4 qts.	5 to 6 qts.
Kidneys (lamb).....	2	.04	10	16 to 18	24
Lamb (Forequarter, spring).....		2.75	1 Rack	2 Racks	3 Racks
Lamb (Leg of).....	1 lb.	.29		5 lbs.	7 lbs.
Lamb (Rack of).....	1 lb.	.40	8 to 10 chops (1 to 1½ rack)	16 chops (2 racks)	24 chops (3 racks)
Lamb (Saddle of).....	1 lb.	.38	6 lbs.	8 lbs. whole (Without hip bone)	2 small
Lamb (Stew meat).....	1 lb.	.18	2½ lbs.	4½ lbs.	7 lbs.
Lemons.....	12	.35			
Lettuce.....	1 head	.18	1 head	2 heads	3 heads
Loaf (Beef).....	1 lb.	.35	1 lb.	2 lbs.	3 lbs.
Lobster (Newburgh).....	1 lb.	.54	2 to 2¼ lbs.	4 lbs.	4 lbs.

L to Z

At Butcher	Weights or Quantity	Price	Quantity to feed 4 to 5 persons	Quantity to feed 8 to 9 persons	Quantity to feed 11 to 12 persons
Marrowbones.....	1	\$0.15			
Milk.....	1 qt.	.12			
Mushrooms.....	1 lb.	.50	$\frac{3}{4}$ to 1 lb.	2 lbs.	3 lbs.
Mutton (Leg of).....	1 lb.	.25			
Newport Sausages.....	1 lb.	.30	1 lb.	2 lbs.	3 lbs.
Onions.....	1 peck	2.25			
Oranges.....	12	.60			
Parsley.....	1 bunch	.08			
Parsnips.....	1 qt.	.10	1 qt.	2 qts.	3 qts.
Peas (Telephone).....	1 qt.	.50	3 qts.	4 to 5 qts.	7 qts.
Perch.....	1 lb.	.28	$1\frac{1}{2}$ lbs.		
Pineapple (Cayenne).....	1	.40			
Pork (Loin of).....	1 lb.	.31		$4\frac{1}{2}$ lbs.	$6\frac{1}{2}$ lbs.
Potatoes.....	100 lbs.	8.00	1 qt. ($1\frac{1}{2}$ lbs.)	2 qts. (3 lbs.)	3 qts. ($4\frac{1}{2}$ lbs.)
Rhubarb.....	1 bunch	.15	$1\frac{1}{2}$ lbs.	3 lbs.	4 lbs.
Salmon.....	1 lb.	.40	$1\frac{1}{4}$ lbs.		
Scallops.....	1 qt.	1.50			
Sea Trout.....	1 lb.	.28	3 lbs.
Shad (female).....	1 piece	2.25			
Shad (male).....	1 piece	1.25			
Shad (Roe).....	1 piece	1.25	1 lb.	2 lbs.	3 lbs.
Smelts.....	1 lb.	.40			
Sprouts (Brussels).....	1 qt.	.22	1 qt.	2 qts.	3 qts.
Spinach.....	1 qt.	.35	2 qts.	4 qts. ($2\frac{1}{2}$ lbs.)	5 to 6 qts.
Squabs.....	1	.70			
Squash (Hubbard).....	1	.70			
Strawberries.....	1 qt.	.50			
Striped Bass.....	1 lb.	.45			
Sweet Breads.....	1 pair	1.45	1 large pair		
Sweet Potatoes.....	1 qt.	.20	1 qt.	2 qts.	3 qts.
Tongue (Smoked).....	1 lb.	.36			
Turkey.....	1 lb.	.45			
Turnips (Yellow).....	a piece	.08	3	4	5
Veal (Shoulder of).....	1 lb.	.28			
Veal Cutlet.....	1 lb.	.38	2 lbs		
White bait.....	1 lb.	.40	12 oz.	$1\frac{1}{2}$ lbs.	2 lbs.

Retail price list made during the first half of March, 1918

Compare with page 7

	Weights or Units	Prices		Weights or Units	Prices
Apples (Greenings).....	20	\$0.75	Hamburger Steak.....	1 lb.	\$0.36
Artichokes.....	1	.25	Kale.....	1 qt.	.10
Asparagus (Carolina).....	20 heads	...	Kidneys (Lamb).....	2	.05
Bacon.....	1 lb.	.50	Lamb (Forequarter, Spring).....	..	3.50
Bananas (Cooking).....	1	.04	Lamb (Leg of).....	1 lb.	.38
Beans (Lima).....	1 qt.	.30	Lamb (Rack of).....	1 lb.	.40
Beans (String).....	1 qt.	.40	Lamb (Saddle of).....	1 lb.	.42
Beef (Delmonico Steak).....	1 lb.	.44	Lamb (Stew Meat).....	1 lb.	.28
Beef (Bottom Round).....	1 lb.	.35	Lemons.....	12	.46
Beef (Fillet).....	1 lb.	.75	Lettuce.....	per head	.15
Beef (Liver).....	1 lb.	.25	Lobster.....	1 lb.	1.00
Beef (Porterhouse Roast).....	1 lb.	.42	Mushrooms.....	1 lb.	1.32
Beef (Rib Roast).....	1 lb.	.40	Mutton (Leg of).....	1 lb.	.32
Beef (Sirloin Steak).....	1 lb.	.40	Newport Sausages.....	1 lb.	.40
Beef Stew.....	1 lb.	.28	Onions.....	1 peck	1.20
Beets.....	1 qt.	.50	Parsnips.....	1 qt.	.12
Butter (Tub).....	1 lb.	.65	Peas (Telephone).....	1 qt.	.40
Cabbage.....	1 lb.	.10	Perch.....35
Calves' Liver.....	1 lb.	.46	Pork (Loin of).....	1 lb.	.40
Cauliflower.....	1	.40	Potatoes.....	100 lbs.	4.50
Celery.....	1 bunch	.35	Rhubarb.....	1 lb.	.45
American Cheese.....40	Salmon.....	1 lb.	.60
Chickens' Livers.....	1 lb.	.60	Scallops.....	1 qt.	1.50
Chicken (Broiler).....	1 lb.	.65	Sea Trout.....	1 lb.	.40
Chicken (Roasting).....	1 lb.	.50	Shad (Female).....	1	3.50
Chicken (Fowl).....	1 lb.	.45	Shad (Male).....	1	1.50
Chops (Loin).....	1 lb.	.38	Smelts.....	1 lb.	.40
Codfish.....	1 lb.	.25	Sprouts (Brussels).....	1 qt.	.45
Corned Beef.....	1 lb.	.35	Spinach.....	1 qt.	.20
Crab Meat.....	1 lb.	1.00	Squabs.....	1	.95
Cranberry.....	1 qt.	.35	Strawberries.....	1 qt.	.75
Duck.....	1 lb.	.44	Striped Bass.....	1 lb.	.55
D. Farm Sausage.....	1 lb.	.50	Sweet Breads.....	1 pair	1.25
D. Farm Sausage Meat.....	1 lb.	.48	Tongue (Smoked).....	1 lb.	.40
Eggs.....	per doz.	.65	Turkey.....	1 lb.	.50
Eggplant.....	1	.45	Turnips (Yellow).....	a piece	.10
Endives.....	1 lb.	.75	Veal (Shoulder of).....	1 lb.	.32
Guinea Hen.....	1	1.15	Veal Cutlet.....	1 lb.	.56
Ham (Ferris).....	1 lb.	.38			
Ham (Virginia).....	1 lb.	.48			

Explanation of the Following Pages

A cup holds 8 ounces of water, or 8 ounces of granulated sugar, or 6 ounces of flour, or 5 ounces of grated cheese.

When the cup denomination is given as a basis and the mixture is a failure, as it generally is, one is invariably told "Oh, but I did not mean that kind of a cup!"

The first cook book I ever was able to understand was a French one, written by an engineer, in which the quantities were given by weight. In fact all the best French cook books rely on weights to indicate quantities.

Cooks never measure but whether they measure or not, 6 or 7 ounces of something calls for relative proportions of other items, and in the end will make a dish of a size suitable to feed a certain number of persons, and whether they take the 6 ounces of something knowingly or not does not alter the quantity represented by the 6 ounces.

These quantities may be of only moderate value to professional cooks, but to the householder they are vital.

Accurate knowledge of certain quantities in their relation to practical cooking is the householder's only safeguard against waste, extravagance and theft.

Once learned they are easily forgotten. Having found this to be the case I made out the index given on pages 21 and 22 for my own use.

The receipts to which they refer follow according to the numbering of this index, and are of interest, inasmuch as they are absolutely reliable, having each been tested, according to standard weights.

A graduated measuring glass, accurate SCALES and an oven thermometer are necessary to secure from them the best results.

The cook's ready answer when given an order which may interfere with his or her established ideas is always "I don't know how." He or she probably does not know, but finds ignorance more convincing and convenient. Under the circumstances instructions as to how to proceed constitute the only possible answer. A number of these "answers" are given in the receipts beginning on page 26.

These are, so to speak, the auxiliary verbs of cooking, and as far as the question of quantities are concerned, they form a basis on which to calculate the probable requirements of a household according to its practical needs.

Quantity List of Ingredients in Composite Standard Dishes

Receipt No.	QUANTITY TO FEED 4 TO 5 PERSONS							QUANTITY TO FEED 8 TO 9 PERSONS							QUANTITY TO FEED 11 TO 12 PERSONS								
	Sugar	Butter	Chocolate	Flour	Milk	Cream	Egg Yolks	Sugar	Butter	Chocolate	Flour	Milk	Cream	Egg Whites	Egg Yolks	Sugar	Butter	Chocolate	Flour	Milk	Cream	Egg Whites	Egg Yolks
Cakes																							
1 Angel Cake.....	3 oz.		1½ oz.				3	5 oz.			2½ oz.			5		7 oz.	3 oz.	3½ oz.					7
2 Cookies (4 per person).....	3 oz.	2 oz.	3 oz.	2 oz.			1	4 oz.	3 oz.		7 oz.	3 oz.		1	1	5 oz.	4 oz.	10 oz.	4 oz.				1
3 Cup Cake.....	2 oz.						1							1		4 oz.							2
4 Gingerbread.....	2 oz.						1	3 oz.	3 oz.		3 oz.			2	2	4 oz.	4 oz.	9 oz.					2
5 Layer Cake Mixture.....	2 oz.						2							3	3			4 oz.					3
6 Macaroons.....	3 oz.						3	4 oz.			2 oz.			4	4	6 oz.							6
7 Sponge Cake.....			1½ oz.				3																
Plain Boiled Icings																							
to cover top and sides of the above given larger cakes.																							
8 Chocolate Icing.....								5 oz.	1 oz.			3 oz.				7 oz.							
9 White Icing.....								6 oz.								8 oz.							
Desserts																							
10 Bavarian Cream (Chocolate).....	1 oz.	1½ oz.		4 oz.	12 oz.		1	11 oz.	2½ oz.			6 oz.	19 oz.	2	2½ oz.	1½ oz.	3½ oz.	8 oz.	28 oz.				2
11 Bavarian Cream (Coffee).....	1 oz.	1½ oz.		4 oz.	12 oz.		2	11 oz.				6 oz.	19 oz.	2	2½ oz.	1½ oz.		8 oz.	28 oz.				2
12 Bread and Butter Pudding.....	1 oz.	3 oz.		1 qt.			2	3 oz.	1 oz.			1½ qt.		2	2	4 oz.	1½ oz.	2 qts.					3
13 Brown Betty.....	2 oz.	2 oz.		7 oz.	4 oz.		1	3 oz.	3 oz.		10 oz.	6 oz.		1	1	4 oz.	4 oz.	14 oz.	8 oz.				2
14 Cottage Pudding.....	2 oz.	2 oz.		7 oz.	4 oz.		1	3 oz.	3 oz.		10 oz.	6 oz.		1	1	4 oz.	4 oz.	14 oz.	8 oz.				2
15 *Custard (baked).....	1 oz.	1 oz.		16 oz.			4	13 oz.				24 oz.		6	6	2 oz.		1 qt.					5
16 Custard (liquid).....	2 oz.	2 oz.		16 oz.			4	13 oz.				24 oz.		6	6	2 oz.		1 qt.					5
17 French Pancakes (Crepes).....	1 oz.	1 oz.		8 oz.	12 oz.		3	1 oz.	2 oz.		12 oz.	18 oz.		5	5	1 oz.		1 lb.	24 oz.				6
18 Griddle Cakes (Flapjacks).....	1 oz.	1 oz.		8 oz.	12 oz.		3	1 oz.	2 oz.		12 oz.	18 oz.		5	5	1 oz.	3 oz.	1 lb.	24 oz.				6
19 Ice Cream (Chocolate).....	3 oz.	1½ oz.	1½ oz.	4 oz.	12 oz.		1	3 oz.	2½ oz.		10 oz.	24 oz.		1	1½ oz.	4 oz.	3½ oz.	8 oz.	36 oz.				2
20 Ice Cream (Coffee).....	3 oz.	1½ oz.	1½ oz.	4 oz.	12 oz.		1	3 oz.			7 oz.	6 oz.	26 oz.		1	4 oz.		8 oz.	1 qt.				2
21 Ice Cream (Chocolate without real Cream).....	1½ oz.	1½ oz.	1½ oz.	16 oz.			1	2½ oz.	2½ oz.			1 qt.		1	3½ oz.	3½ oz.		1½ qt.					2
22 Ice Cream (Coffee without real Cream).....	3 oz.	3 oz.		16 oz.			2	4½ oz.				1 qt.		3	6 oz.			1½ qt.					4
23 Meringues.....	3 oz.	3 oz.		18 oz.			3	3 oz.						5	7 oz.								4
24 French Rice Pudding.....	3 oz.	3 oz.		18 oz.			3	3 oz.				28 oz.		4	3	6 oz.		40 oz.					7
25 Rice Pudding.....	3 oz.	3 oz.		18 oz.			3	3 oz.				1½ qt.		1	4 oz.			2 qts.					6
26 Ring of Rice (Creamed).....	1 oz.	1 oz.		16 oz.	2 oz.		1	1 oz.	3 oz.		20 oz.	3 oz.		1	1 oz.	1 oz.	24 oz.	4 oz.					4
27 Ring of Rice (Creamed without real Cream).....	1 oz.	1 oz.		16 oz.	2 oz.		1	1 oz.				23 oz.		1	1½ oz.		28 oz.						4
28 Rice à l'Impériatrice.....	1 oz.	1 oz.		16 oz.	2 oz.		1	1 oz.	1 oz.			20 oz.		1	1 oz.	1 oz.	28 oz.	4 oz.					4
29 Soufflé (Chocolate).....	2 oz.	1½ oz.	1½ oz.	10 oz.			4	3 oz.	2½ oz.		2 oz.	18 oz.		6	6	4 oz.	3½ oz.	3 oz.	24 oz.				8
30 Savarin.....	3 oz.	1 oz.	6 oz.	3 oz.			2	4 oz.	1½ oz.		9 oz.	4 oz.		3	3	5 oz.	2 oz.	12 oz.	5 oz.				3
31 Stewed Rhubarb.....	8 oz.						2	12 oz.						3	3	1 lb.							3
32 Stewed Peaches, Appricots, etc.....	3 oz.						1	4½ oz.						2	2	6 oz.	3 oz.						3
33 Waffles (2 per person).....	1½ oz.	1½ oz.	1½ oz.	6 oz.	8 oz.		1	2½ oz.	2½ oz.		9 oz.	12 oz.		2	2	6 oz.	3 oz.	12 oz.	16 oz.				3
Sweet Sauces																							
34 Hard Butter.....	3 oz.	2 oz.						4½ oz.	3 oz.							6 oz.	4 oz.						
*Caramel (for Custard, etc.).....	2 oz.							4 oz.								5 oz.							

Quantity List of Ingredients in Composite Standard Dishes

Receipt No.	QUANTITY TO FEED 4 TO 5 PERSONS						QUANTITY TO FEED 8 TO 9 PERSONS						QUANTITY TO FEED 11 TO 12 PERSONS											
	Butter	Flour	Milk	Cream	Egg Whites	Egg Yolks	Olive Oil	Vinegar	Butter	Flour	Milk	Cream	Egg Whites	Egg Yolks	Olive Oil	Vinegar	Butter	Flour	Milk	Cream	Egg Whites	Egg Yolks	Olive Oil	Vinegar
Breads																								
36 Corn Bread (Southern).....	1 oz.	36	3 oz.	2	2	2	1½ oz.	4 oz.	3	3	2 oz.	6 oz.	4	4
37 Corn Bread.....	2 oz.	4 oz.	8 oz.	1	1	1	3 oz.	6 oz.	12 oz.	2	2	4 oz.	8 oz.	16 oz.	3	3
38 Soda Biscuits.....	1½ oz.	5 oz.	5 oz.	2½ oz.	8 oz.	8 oz.	3 oz.	10 oz.	10 oz.
Cream Soups																								
39 Potato, Pea, etc.....	2 oz.	2 oz.	20 oz.	3 oz.	3 oz.	30 oz.	4 oz.	4 oz.	40 oz.
Sauces																								
40 Bordelaise.....	2 oz.	4 oz.	5 oz.
41 Develing (Swedish).....	1½ oz.	1 oz.	1 oz.	2 oz.	2 oz.	1½ oz.	1½ oz.	3 oz.	3 oz.	2 oz.	2 oz.
42 Diabie (French).....	1 oz.	2 oz.	3 oz.
43 French Dressing.....	1½ oz.	3 oz.	2 oz.	4 oz.
44 Hollandaise.....	4 oz.	1 oz.	1 oz.	2 oz.
45 Mayonnaise.....	1	4 oz.
46 White (Cream).....	1½ oz.	1 oz.	8 oz.	2 oz.	1½ oz.	12 oz.	3 oz.	2 oz.	16 oz.
Mixed Dishes																								
47 Chicken Mousse.....
48 Chicken Hash.....	1½ oz.	1 oz.	5 oz.	2 oz.	1½ oz.	12 oz.	3 oz.	2 oz.	10 oz.
49 Omelet (French).....	1 oz.	2 oz.	3 oz.
50 Macaroni Napoleane.....	6 oz.	8 oz.	6	6	8 oz.
51 Macaroni Napoleane, using.....
52 Cream Substitute.....	2 oz.	1 oz.	14 oz.	8 oz.	3 oz.	1½ oz.	21 oz.	4 oz.	2 oz.	28 oz.
53 Mushrooms on Toast, using.....	1 oz.	1 oz.	3½ oz.	1½ oz.	2 oz.	2 oz.
54 Cream Substitute.....	2 oz.	1½ oz.	8 oz.	3 oz.	2 oz.	12 oz.	4 oz.	3 oz.	16 oz.
55 Risotto Milanese.....	3 oz.	3½ oz.	6 oz.
56 Souffle (Cheese).....	2 oz.	2 oz.	16 oz.	5	4	3 oz.	3 oz.	24 oz.	4 oz.	4 oz.	1 qt.
Vegetables																								
56 Peas, etc., à l'Anglaise.....	1 oz.	2 oz.	3 oz.
57 Onions, Potatoes, etc. (Cream).....	1½ oz.	1 oz.	12 oz.	2½ oz.	1½ oz.	18 oz.	3 oz.	2 oz.	24 oz.
Cream Substitutes																								
Mixture to thicken slightly.....	1 oz.	½ oz.	16 oz.
Mixture to thicken greatly.....	3 oz.	2½ oz.	8 oz.

CREAM SUBSTITUTES FOR DESSERTS

Half an ounce of Arrowroot to a pint of milk. Half an ounce of Corn Starch to a pint of milk.

MEAT

58. Broiled Chicken, 1½ lb. Half an ounce of butter to each bird. Roast Chicken. Baste with drippings and the bird's own fat. A 5-lb. fowl will yield from 5 to 7 ounces of fat.

59. Noisettes of Lamb. Use no butter on the meat but half an ounce for the grill.

Cake

1

Angel Cake

- 5 Egg whites. For 8 persons.
5 oz. Granulated Sugar.
2½ oz. Flour.
1 teaspoonful Vanilla Extract.
1 saltspoonful Cream of Tartar (1 drachm).

Beat the egg whites stiff with a wire whip, this takes 10 minutes. Mix the above ingredients in the order given. Line the bottom of the mold to be used with oiled paper, butter it, pour in mixture and bake in oven, temperature about 260°, for 30 minutes.

2

Cookies

50 Cookies, 3 inches in diameter.

- 4 oz. Granulated Sugar.
3 oz. Butter.
3 oz. Milk.
1 Egg.
{ 12 oz. Flour.
{ 1 heaping teaspoonful Baking Powder (¼ oz.).
1 teaspoonful Vanilla Extract.
2 oz. Flour for rolling and kneading.

Cream the sugar and butter and add the other ingredients. Scatter the 2 ounces of flour for rolling on a piece of marble, knead the dough somewhat, roll it out thin, and cut it into pieces the size desired.

3

Cup Cake

- 4 oz. Granulated Sugar. For 8 persons.
3 oz. Butter.
3 oz. Milk.
1 Egg.
7 oz. Flour.
1 heaping teaspoonful Baking Powder (¼ oz.).

Cream the butter and sugar and add the other ingredients in the order given.

Bake in moderate oven.

This recipe makes a perfectly good layer cake. Apples, with a teaspoonful of Cinnamon and a tablespoonful of Granulated Sugar make an excellent filling.

Gingerbread

6 oz. Flour

For 8 persons.

6 oz. Black Molasses.

3 oz. Butter, melted on range together with the Molasses.

 $\frac{1}{2}$ teaspoonful Ginger (2 drachms). $\frac{1}{2}$ teaspoonful Cinnamon (2 drachms).

1 Egg, just dropped in.

 $\frac{1}{2}$ teaspoonful Soda (2 drachms) dissolved in 2 oz. of boiling water.

Mix in sequence given and bake in oven, temperature about 275°, for half an hour.

Layer Cake

3 oz. Butter.

For 8 persons.

3 oz. Granulated Sugar.

2 Eggs. Drop in the yolks and beat the whites separately.

3 oz. Flour.

 $\frac{1}{8}$ teaspoonful Baking Powder (3 drachms).

1 teaspoonful Vanilla Extract.

Cream the sugar and butter, add the egg yolks, then the separately beaten whites, the flour, the baking powder and the Vanilla. Bake in a moderately hot oven.

NOTE.—Pans for these small layer cakes have to be made to order. Six inches in diameter is a very convenient size.

Macaroons

Makes 18 Macaroons.

3 oz. Jordan Almonds.

1 oz. Bitter Almonds.

4 Egg whites.

4 oz. Granulated Sugar.

Pour some boiling water over the almonds so as to facilitate peeling them. Remove their skins, dry them with a cloth and put them in a pan in the oven on a piece of paper for 10 minutes to dry more thoroughly. When dry, pound in a marble mortar, adding, while pounding, the sugar and the egg whites. The mixture when right should seem like a liquid paste.

To prepare the pan for the baking: first butter it, then sprinkle it well with flour and shake off the flour that does not stick to the bottom of the pan. Bake in a cool oven (about 240° by the oven thermometer) for 45 minutes.

Sponge Cake

For 8 persons.

4 Eggs. Beat the yolks with the Dover Egg Beater.

4 oz. Granulated Sugar.

2 oz. sifted Flour.

The juice of half a lemon and the rind of a whole lemon.

Beat separately the yolks and the whites of 4 eggs, using for the whites the wire whip. Mix all the ingredients and pack in well buttered mold the bottom of which is lined with oiled paper. Bake for 50 minutes in oven at 260° by the oven thermometer.

NOTES ON CAKE MAKING.—To find whether a cake has been sufficiently baked: pass a straw through it. If the straw comes out clean, the cake is baked, if some batter sticks to the straw, put the cake back in the oven.

In making Sponge Cake or Angel Cake always line the interior of the mold to be used with oiled paper.

After a cake has attained the desired color in the oven cover it loosely with a piece of paper, so as to prevent it from getting scorched.

A little granulated sugar scattered over the batter before it is put to bake will improve the crust, when no icing is used.

Icings

Plain Boiled Chocolate Icing

1 oz. Chocolate.

For an 8 person cake.

3 oz. Milk.

5 oz. Granulated Sugar.

Melt sugar and milk (double boiler unnecessary). When this reaches the "thread stage" add the chocolate. Melt and stir for a few moments then pour on cake. The mixture will harden quickly.

Plain White, Boiled Icing

6 oz. Granulated Sugar.

For an 8 person cake.

3 oz. hot Water.

4 drops Vanilla Extract.

Boil the sugar and water. When it reaches the "thread stage" drop in the Vanilla Extract and pour on cake.

NOTE.—To test sugar at the thread stage drop a bit of the syrup on a piece of ice. It will harden and immediately acquire the character it will have as a finished icing.

Desserts

10 and 11

Coffee Bavarian Cream

For 4 to 5 persons.

- 12 oz. thick Cream, whipped.
- 2 Egg yolks.
- 1 Egg white.
- 4 oz. Milk.
- $\frac{3}{4}$ oz. Granulated Sugar.
- { 2 flat teaspoonfuls Gelatine (4 drachms).
- { 2 oz. Water.
- 6 heaping teaspoonfuls Coffee to make 5 oz. Coffee Extract.

Beat the cream with a wire whip.

Put into a small bowl 2 egg yolks, 1 egg white, and 3 teaspoonfuls of granulated sugar. Mix by beating with Dover egg beater.

Put 4 oz. of milk in a double boiler and scald on range for 10 minutes. Then remove from fire, cool by placing the pot in a large bowl of cracked ice and pour into egg mixture. Stir well till this is smooth.

Put 2 flat teaspoonfuls of gelatine and 2 tablespoonfuls of cold water into a saucepan and stir over the fire till the gelatine is melted, then pour it into the egg and milk mixture. Mix well and set in a bowl filled with ice to cool. Now stir in gradually 5 tablespoonfuls of Coffee extract and as much of the whipped cream as seems necessary to make a thick, creamy mixture. Then pour into a mold and place in a bowl of ice for 2 hours to harden. Use what is left of the whipped cream for trimming the dish when the dessert is served.

COFFEE EXTRACT FOR THE ABOVE.—Put 6 heaping teaspoonfuls of coffee in a French coffee pot. Make like drip coffee and reduce quantity by boiling if necessary.

Double Vanilla Chocolate flavoring for the above.

Put one and a half ounces of grated chocolate into the above mentioned 4 oz. Milk and heat till chocolate is liquid. Allow this to cool before adding to the egg mixture. Pour in, using sieve. In making the above receipt with chocolate instead of with coffee, use only the yolk of one egg and 2 flat teaspoonfuls of sugar.

Bread and Butter Pudding

For 12 persons.

Scald 2 quarts of milk in a double boiler.

Butter $1\frac{1}{2}$ pounds of stale bread (first cutting off the hardest parts of the crusts) with $1\frac{1}{4}$ ounces of butter, cut into pieces about an inch square and put with an ounce of raisins and an ounce of currants into a pudding dish to steep with 1 quart of the scalded milk for about 10 minutes. Beat up 3 whole eggs with the Dover egg beater, together with 2 ounces of granulated sugar and 1 saltspoonful (1 drachm) of cinnamon, adding to the mixture the remaining quart of scalded milk. Then pour over the bread and butter and bake for half an hour, inspecting the progress of the baking occasionally. To keep from burning stand the pudding dish in a shallow pan full of water in the oven.

Brown Betty

For from 5 to 6 persons.

- 2 lbs. Cooking Apples.
- 6 oz. Breadcrumbs.
- 3 oz. Butter, melted separately.
- 1 oz. Molasses.
- 1 flat teaspoonful Cinnamon (2 drachms).
- 2 oz. Brown Sugar.

Peel and remove the core of 2 pounds of apples, cut them into thin slices and mix into them the brown sugar. Then put them into serving dish (a baking dish) in 3 layers, pouring between each layer part of the melted butter and part of the breadcrumbs. When the dish is full spread on top a tablespoonful of molasses and the remainder of the butter and breadcrumbs. Bake in oven (300° by the oven thermometer) for about an hour and a half.

Cottage Pudding

For 5 persons.

- 2 oz. Butter.
- 2 oz. Granulated Sugar.
- 1 Egg, beat the white.
- 4 oz. Milk.
- 7 oz. Flour.
- 1 heaping teaspoonful Baking Powder (4 drachms).

Cream the butter and sugar. Mix with the other ingredients and bake in a moderate oven (280° by oven thermometer) for 50 minutes. Serve with a fruit sauce.

15

Caramel Custard

For 5 persons.

- 1 pint Milk, scalded.
- 4 whole Eggs.
- 1 oz. Granulated Sugar.
- ½ teaspoonful Vanilla Extract.

For the Caramel Sauce

- 2 oz. Granulated Sugar.
- 2 oz. boiling water.

The Custard

Beat the 4 eggs slightly (not stiff) with the Dover egg beater. To these when beaten add one ounce of granulated sugar, the scalded milk and the vanilla. Pour through a strainer into the Caramel-coated mold and bake in oven (temperature about 300°) for 20 minutes. The mold, while in the oven, should stand in a pan of hot water.

The Caramel Sauce

Boil the sugar and water till on stirring the mixture appears brown, and with it quickly coat the interior of the mold to be used for the custard. The caramel will harden at once.

16

Liquid Custard

For 5 persons.

Same as above, but instead of 4 whole eggs substitute the yolks of 3.

17

French Pancakes

Two per person, for 5 persons.

- 8 oz. Flour.
- 3 Eggs.
- 12 oz. Milk.
- ½ teaspoonful Salt (2 drachms).

Mix till smooth. Drop on buttered frying pan the quantity of batter required to make one cake. Be sure the pan is very hot when the batter is poured into it. Turn cake with knife after the first minute so as to cook it on both sides. Spread jam over it and roll. Repeat the same process with each of the other 12 cakes and when all are finished sprinkle with powdered sugar.

Griddle Cakes (Flapjacks)

8 to 9 persons.

- 16 oz. Flour.
- 1/2 oz. Baking Powder.
- 24 oz. Milk.
- 1 Egg.
- 2 oz. Butter.
- 1/2 teaspoonful Salt (2 drachms).
- 1 oz. Powdered Sugar.
- 6 oz. Maple Syrup.

Put into a bowl the flour, the baking powder, the milk, the egg, and the salt. Mix till batter is smooth. Grease a frying pan and the griddle with lard or drippings. Pour into pan enough batter to make a cake. Allow it to cook till the surface of the cake becomes pitted with numerous small holes and the under part has sufficiently browned. Turn with a knife onto griddle and cook the hitherto uncooked side. Then place the cake on the serving dish, butter it lightly, and sprinkle it with powdered sugar. Make all the cakes like the first one, piling them one on top of the other, and pour 4 to 6 ounces of maple syrup over the filled dish.

Ice Cream (Chocolate)

For 4 to 5 persons.

- 12 oz. Cream.
- 4 oz. Milk.
- 1 1/2 oz. Chocolate.
- 1 1/2 oz. Granulated Sugar.

Scald the cream in a double boiler. Scald the milk also in a double boiler and when it is well heated, add to it the grated chocolate. Mix the milk and the cream together with the sugar and freeze for 10 minutes.

Ice Cream (Coffee)

For 4 to 5 persons.

Same process as for Chocolate Ice Cream, using, however, 3 ounces of sugar to sweeten instead of one and a half as indicated above. To make coffee extract put 6 heaping teaspoonfuls of coffee in a French coffee pot. Make like drip coffee and reduce quantity by boiling if necessary.

Ice Cream (Chocolate)

Without using Cream.

For 5 persons.

- 16 oz. Milk.
- 1½ oz. Chocolate (double Vanilla).
- ½ oz. Arrowroot.
- 1 whole Egg.
- 1½ oz. Granulated Sugar.

Put the chocolate and 12 oz. of the milk into a double boiler and scald.

Put the arrowroot, 4 oz. of the milk, the egg and the granulated sugar into a bowl and when these are well mixed and frothy pour into a double boiler with the milk and chocolate. Cook and stir for a few minutes till the mixture has well thickened, then pour it into the freezer; freeze for 10 minutes and pack into mold.

Place mold in bowl of ice for a couple of hours before serving.

Ice Cream (Coffee)

Without using Cream.

For 5 persons.

- 16 oz. Milk.
- ½ oz. Arrowroot.
- 2 whole Eggs.
- 3 oz. Granulated Sugar.
- 6 heaping teaspoonfuls of Coffee (1½ oz.).

Put 14 cz. milk into a double boiler and scald.

Mix in a cup half an oz. of arrowroot and 2 oz. of the milk (cold). When well mixed add to the scalded milk and cook, beating constantly till the mixture thickens, which it will do in about 5 minutes.

In a small bowl beat the 2 eggs with the Dover egg beater and to these add the sugar, then pour the egg mixture and the milk mixture together and cook and beat continuously for a couple of minutes. Lastly add the coffee extract. (To make, see page 29.)

Pour into freezer, freeze for 10 minutes and pack into mold.

Place mold in bowl of ice for a couple of hours before serving.

Meringues

10 Meringues.

For 5 persons.

3 Egg whites.

3 oz. Granulated Sugar.

 $\frac{1}{2}$ teaspoonful Vanilla Extract.

Beat the whites very stiff with wire whip and add the sugar and the Vanilla Extract. Squeeze mixture through a pastry bag onto a piece of oiled paper, forming cakes the size desired, and bake in cool oven (from 230° to 250° by the oven thermometer) for 50 minutes. When thoroughly cooked they should stick to the paper in a dry way. If the paper sticks badly, rub the back with a cloth soaked in water. Meringues will keep in a cake box several days.

This quantity provides for 2 Meringues per person to be used with ice cream or whipped cream between them serving as a filling.

French Rice Pudding

For 8 persons.

(8 oz. Rice (wash in cold water).

{ 28 oz. Milk.

{ 4 oz. Granulated Sugar.

{ 1 saltspoonful Salt (1 drachm).

{ 1 teaspoonful Vanilla Extract.

3 Egg yolks.

4 Egg whites.

Use a copper saucepan.

Boil the rice in a quart of water. After it has come to a boil pour it through a sieve. Wash and cool it by immersion in cold water, then add to it the bracketed ingredients and again bring to a boil. When it has boiled put it in the oven at a temperature about 350° for 20 minutes. By this time the rice grains should be thoroughly cooked.

Beat the egg whites using Dover egg beater, adding to the whites before beating the usual half saltspoonful of salt. Beat stiff.

Now mix the rice with the egg yolks and cook for another couple of minutes, then take away from fire and fold in the whites.

Pour the rice mixture into the pudding dish, powder with sugar and bake in oven at temperature 400° till slightly browned. Stand in pan full of water while in the oven to keep from burning. The pudding when finished should seem liquid and fluffy.

25

Plain Rice Pudding

For 12 persons.

1 lb. Rice. 2 qts. Milk. 4 oz. Granulated Sugar.

Wash the Rice in a colander.

Put it into a baking dish with the milk and the sugar and place the dish in the oven in a flat pan full of water to keep the pudding from burning. Bake pudding for 2 hours, passing the spoon during this process under the rice every 20 minutes to prevent it from sticking to the pan.

26

Frozen Ring of Rice

For 8 to 9 persons.

4 oz. Rice. 1 oz. Granulated Sugar.
20 oz. Milk. $\frac{1}{2}$ oz. Butter.
3 oz. Cream. $\frac{1}{2}$ teaspoonful Vanilla Extract.

CAUTION.—To cook really well allow 3 hours. Use a copper saucepan. Scald the Milk.

Wash the rice in cold water.

Put the rice into the milk, cover the pot and bring to a boil; then put on back of range to simmer for 2 hours. Stir gently occasionally so as to prevent the rice from sticking to the bottom of the pan. After cooking 2 hours remove from range and melt half an oz. of Butter into the rice as well as an oz. of Granulated Sugar. Cool the mixture by standing in a pan filled with cracked ice.

Now whip the cream with the Dover egg beater and mix it with the rice, adding half a teaspoonful of Vanilla. Pack mixture into mold and bury mold in a pan filled with craced ice and rock salt till time to serve. Serve with stewed fruit.

NOTE.—Proportion of ice to salt about 2 oz. salt to a pound of ice.

27

Plain, Unfrozen Ring of Rice

For 8 persons.

Make like the above given receipt, using 23 oz. milk instead of 20 oz. and omitting entirely the butter and the cream. Cool the mixture by standing it in the mold in the ice box for an hour. Serve with stewed fruits.

28

Frozen, Ritz à l'Impératrice

For 8 persons.

The same as receipt Number 26.

35

Soufflé Chocolate For from 4 to 5 persons.

1½ oz. Double Vanilla Chocolate. 10 oz. Milk.
 1 oz. Flour. 2 oz. Granulated Sugar.
 4 Eggs.

Melt the Chocolate in a pan in the oven.

Butter a baking dish for the Soufflé and dredge the interior with granulated sugar.

Separate the eggs.

To cook from now on use a copper saucepan. In it mix the unbeaten egg yolks, the flour, the granulated sugar (2 oz.), the melted chocolate and 2 oz. of the milk, adding the rest of the milk after these ingredients have mixed, and cook until the mixture boils, beating slowly but constantly with a round wire whip. At the first sign of boiling withdraw it from the fire.

Beat the egg whites stiff, using a Dover egg beater.

Add them slowly to the mixture and pour into baking dish.

Bake for 20 minutes in oven, temperature at about 350°.

After 10 minutes baking, powder heavily with sugar.

Savarin For 12 persons.

{ ½ oz. (1 cake) Yeast.	1 saltspoonful Salt (1 drachm).
{ 2 oz. Tepid Water.	3 Eggs.
5 oz. Granulated Sugar.	1½ lbs unpeeled Bananas.
12 oz. Flour.	2 lbs unpeeled Oranges.
5 oz. Milk.	4 oz. Curacao.
2 oz. Butter.	2 oz. Cognac.

6 oz. water for the Syrup.

The Cake.— Make a sponge with the yeast dissolved in the tepid water, 3 teaspoonfuls of flour and half a teaspoonful of granulated sugar and leave on back of range shelf for 10 minutes to start rising.

Mix the milk (scalded) and the butter. Add the flour, slowly, mixing continuously. Then put in the 3 eggs, the salt and lastly the yeast mixture. Mix till dough forms a dry ball. Place on range shelf for 2 hours to rise. When risen, put the dough into a buttered mold (with a hole in the middle) and leave for another hour to rise. Bake in moderate oven for 30 minutes.

The Liqueur Mixture.— 4 oz. Curacao and 2 oz. Cognac, mixed.

The Syrup.— 6 oz. water and 4 oz. Sugar boiled together for 10 minutes.

The Fruits.— Peel the bananas and the oranges and sweeten them with one oz. granulated sugar. Then place them in a bowl, within a bowl lined with cracked ice, and pour over them 4 oz. of the Liqueur mixture. Pour the remaining 4 oz. of the Liqueur mixture into the syrup and this on to the Savarin cake before placing the fruits in the center of the ring of cake. Place the iced fruits in the center of the cake just before serving.

31

Stewed Rhubarb

For 5 persons.

1½ lbs. Rhubarb (about 3 bunches).

8 oz. Granulated Sugar.

2 teaspoonfuls Water.

Wash but do not peel the Rhubarb, cut off the leaves and boil the stems with the sugar for 10 or 20 minutes or until the fruit becomes mushy.

32

Stewed Peaches, Apricots, etc.

For 12 persons.

2 lbs. fresh or evaporated Apricots,
the latter weighed after soaking.

6 oz. Granulated Sugar.

Boil for from 10 to 20 minutes.

33

Waffles

For 12 persons.

2 Large Waffles per person.

1 flat teaspoonful Granulated Sugar
(2 drachms).

1 teaspoonful Salt (4 drachms).

3 oz. Butter.

1 Pint Milk.

3 Eggs.

12 oz. Flour.

1 Yeast Cake (half an ounce).

Scald the milk and cool it before adding the yeast. Melt the yeast cake with the sugar in a quarter of a cup of tepid water and add ½ an oz. of the flour. Leave in a warm place for 15 minutes to start rising. Then mix with the milk, the flour, the salt, the butter and the egg yolks leaving the mixture in a warm place for 2 to 4 hours to rise.

Whip the whites with a wire whip and stir into the mixture. Put the waffle iron into the oven and leave for 10 minutes so as to heat it above and below, then butter the interior, pour in the mixture, close the iron, leave for 5 minutes over the open fire, turning occasionally, and remove the finished article with a fork.

34

Hard Butter Sauce

Served with Brown Betty

For from 5 to 6 persons.

2 oz. Butter.

3 oz. Granulated Sugar.

1 teaspoonful Sherry

Cream the butter. Add the sugar slowly, beating continuously, and lastly put in one teaspoonful of Sherry. If placed in the ice box for a few minutes the mixture will harden.

35

Caramel Sauce

See Caramel receipt Number 15.

Southern Corn Bread

(Without flour.)

For 8 persons.

- | | |
|---|---|
| 8 oz. boiling Water. | 3 oz. Sweet Milk. |
| 8 oz. Cornmeal. | 2 Eggs. Beat yolks and whites together. |
| 1 oz. Butter (or lard). | 1 flat teaspoonful Salt (4 drachms). |
| 1 heaping teaspoonful Baking Powder ($\frac{1}{4}$ oz.). | |

First scald the meal with the 8 oz. of boiling water and put in the butter while the meal is still hot. When it has cooled add the other ingredients in the order given. Bake in Gem pans; have these hot and well greased. Bake in hot oven at about 325° for 30 minutes.

Corn Bread

For 8 persons.

- | | |
|---|--------------------------------------|
| 4 oz. Cornmeal. | 1 flat teaspoonful Granulated Sugar. |
| 4 oz. Flour. | 8 oz. Milk. |
| 1 flat teaspoonful Salt (4 drachms). | 1 Egg. |
| 2 oz. Butter melted separately. | |
| 1 heaping teaspoonful Baking Powder ($\frac{1}{4}$ oz.). | |

Mix the ingredients in the order given, pour into a buttered pan and bake in oven, temperature about 300°, for 15 minutes.

Soda Biscuits

12 Biscuits.

- | |
|---|
| 5 oz. Flour. |
| 1 $\frac{1}{2}$ oz. Butter. |
| 5 oz. Milk. |
| 1 flat teaspoonful Granulated Sugar (2 drachms). |
| 1 flat teaspoonful Salt (4 drachms). |
| 1 heaping teaspoonful Baking Powder ($\frac{1}{4}$ oz.). |

Mix the butter and the flour so that the butter ceases to be noticeable, then add the milk.

Sprinkle a wooden board with flour and knead the dough.

Roll and cut into round cakes 2 inches in diameter. Bake in oven temperature about 300°.

Soup

39

Potato Soup (Potage Parmentier)

For 5 persons.

The Vegetables

20 oz. Potatoes previously peeled, washed and cut into pieces.

2 oz. Onions (4 onions).

1 flat teaspoonful Salt (4 drachms).

Boil the above in one quart of water for 25 minutes. When cooked empty the contents of the pot on the purée sieve and force it through.

The Cream (same as for other cream soups).

The use of regular cream is unnecessary.

2 oz. Butter.

2 oz. Flour.

20 oz. Milk.

8 oz. Chicken Stock.

1 flat teaspoonful Salt (4 drachms).

1 flat teaspoonful Black Pepper (2 drachms).

Melt the butter, add to it the flour, cook a minute, then pour in slowly the milk and finally the rest of the ingredients. When the milk thickens, add to it the vegetable mixture. Force this through a cone-shaped sieve. The soup is then ready to serve.

Sauces

40

Bordelaise

For 5 persons.

- 1 oz. Onion.
- 6 oz. Burgundy (or California red wine).
- 1 flat teaspoonful Salt (4 drachms).
- 1 Bay Leaf (10 grains).
- ½ teaspoonful Whole Pepper (1 drachm).
- 1 teaspoonful Parsley.
- 6 oz. Soup Stock.
- 1 heaping teaspoonful Arrowroot (4 drachms).
- 1 oz. Water.
- 2 oz. Butter.
- 1 saltspoonful Glazing. (See page 12.)

Boil together the bracketed ingredients for 10 minutes in an Aluminum pot and allow the alcohol in the wine to take fire and burn itself out. Then put in the soup stock. Mix the arrowroot and water in a cup. When well mixed add to the sauce. This gives the necessary thickening, then add the butter and the glazing. Strain before serving.

41

Develing

(Swedish.)

Develing 4 pieces of chicken or duck.

1 oz. Mustard.	4 oz. Chicken Stock.
2 oz. Vinegar.	1 flat teaspoonful Glazing (4 drachms).
1½ oz. Butter.	1 oz. Cream.
1 oz. Flour.	1 saltspoonful Salt (¼ drachm).
	1 saltspoonful Black Pepper (1 drachm.)

Mix the mustard and the vinegar and stir till there are no longer any lumps.

Peel the skin from the meat and sprinkle it with salt and black pepper; then soak the meat in the sauce mixture of mustard and vinegar and cover it with breadcrumbs.

Next melt a tablespoonful of butter on the range and with it, using a brush, butter the grill and the breaded meat before putting it to broil. Broil for about 2 minutes.

The Sauce

Beat and melt 1 oz. of butter on the range. Add to it 1 oz. flour. When these have been well beaten and mixed, add the chicken stock, the salt and the pepper. Mix all these well over the range, then put in the glazing, the cream and what is left of the vinegar and mustard mixture (About one tablespoonful.) Pour sauce over meat and serve.

42

Diable

(French.)

Served with Breaded Chicken (Poulet Panné.)

For 5 persons.

1	oz. Onions (chopped fine).
1	teaspoonful dried Tarragon (2 drachms).
1	Bay Leaf.
1¼	teaspoonful Whole Pepper (1 drachm).
1	flat teaspoonful Salt. (4 drachms).
2	oz. Vinegar.
4	oz. "Espagnole." (See page 48.)
4	oz. Soup Stock.
1	oz. Butter.
½	saltspoonful Cayenne Pepper (½ drachm).

Put the articles bracketed above together and boil till the vinegar has been absorbed and the pot is dry; then put in the "Espagnole" and the soup stock. Boil for 10 minutes, then add the butter and pepper. Cook till thick. Then strain through a fine cloth or sieve.

French Dressing

For one head of lettuce.

- | | |
|------------------|---|
| 1 oz. Vinegar. | 1 saltspoonful Salt (1 drachm). |
| 2 oz. Olive Oil. | 1 saltspoonful Black Pepper (1 drachm). |
| | $\frac{3}{4}$ of a flat teaspoonful Granulated Sugar (3 drachms). |

Mix and beat for 2 minutes.

NOTE.—Under no circumstances should the mixture be made and kept in a bottle for under these conditions it forms an emulsion. The habit with the servants of doing this very thing shows why French dressings are so often bad.

Hollandaise

For 4 to 5 persons, with fish, etc.

- | | |
|------------------------|--|
| 1 teaspoonful Vinegar. | $\frac{1}{2}$ saltspoonful Black Pepper ($\frac{1}{2}$ drachm). |
| 1 oz. Butter. | $\frac{1}{2}$ saltspoonful Cayenne Pepper ($\frac{1}{4}$ drachm). |
| 3 Egg Yolks. | The juice of half a lemon. |
| 1 saltspoonful Salt. | $1\frac{1}{2}$ ounce Whipped Cream. |

Put the vinegar into a double boiler and leave on range till it evaporates. When bottom of pot is quite dry put in one ounce of butter and stir till butter is melted. Add the yolks of 3 eggs, placing the pot either on the edge of the range where the heat is slight, or into the lower section of the double boiler, avoiding great heat which would scramble the eggs. Beat hard with round wire whip. Next put in the salt, the black pepper, the Cayenne pepper and the juice of half a lemon. Mix. Lastly, add the whipped cream (about 2 tablespoonfuls) and put into double boiler on back of range till it is time to serve. The sauce will keep about 20 minutes standing in a double boiler on back of range.

Mayonnaise

For 4 to 5 persons.

- | | |
|----------------------------|--|
| 1 Egg Yolk. | 1 flat teaspoonful Salt (4 drachms). |
| 4 oz. Olive Oil. | 1 flat teaspoonful Granulated Sugar (2 drachms). |
| $\frac{1}{2}$ oz. Vinegar. | A dash of Pepper. |

CAUTION.—If the room in which the dressing is to be made is hot, mix it, holding the bowl in a dish of cracked ice, else it may curdle.

Using a wooden spoon, stir the egg yolk till it thickens. Add the oil, a drop at a time, till one ounce has been absorbed. Then slowly stir in a few drops of vinegar. Continue stirring and add alternately the vinegar and oil, increasing the number of drops added at a time as the dressing increases in quantity.

NOTE.—A curdled dressing can be saved by the addition of another egg yolk, thickened by stirring as was the first.

White Sauce

For 4 to 5 persons.

- 1½ oz. Butter.
- 1 oz. Flour.
- 8 oz. Milk.
- 1 saltspoonful Salt (1 drachm.)
- 1 saltspoonful Pepper (1 drachm.).

Stir and cook till the mixture thickens, which it does within five minutes.

Chicken Mousse en Aspic

For 4 to 5 persons.

- 7 oz. cooked white meat of Chicken.
- 5 oz. Chicken stock.
- 8 oz. Soup stock.
- 5 oz. Cream.
- 1 heaping teaspoonful Gelatine (4 drachms).
- 1 teaspoonful Sherry.
- 1 flat teaspoonful Salt (4 drachms).
- 1 saltspoonful Black Pepper (1 drachm.).

Pound the chicken in a mortar and force it through a purée sieve. Whip the cream.

Put 3 oz. of soup stock into the mold to be used. Place the mold in a bowl of cracked ice and spin it till the stock has hardened, coating the interior of the mold. Decorations of beet and string beans can now be applied around the interior of the mold.

Melt on range the Gelatine and the 5 oz. of chicken stock. Mix this and one teaspoonful of Cooking Sherry with the chicken purée and add the whipped cream, the salt and the pepper. Now place the Mousse in the mold in a bowl of cracked ice and leave it for 15 minutes to harden. When it has hardened pour an ounce of the soup stock over the surface. This stock must be very cold. Leave on ice for another 15 minutes and turn into serving dish. To get the Mousse to leave the mold hold round it a cloth soaked in hot water.

Chop the remaining 4 oz. of jelly (soup stock) and place this around the finished Mousse as trimming.

Chicken Hash

For 4 to 5 persons.

- 8 oz. Cooked Chicken (white meat).
- 4 oz. Chicken Stock.
- 1½ oz. Butter.
- 1 oz. Flour.
- 4 oz. Milk.
- 1 flat teaspoonful Salt (4 drachms).
- 1 saltspoonful Pepper (1 drachm).

Make the white sauce by first cooking the butter till melted; then add the flour and the milk. Cook till it thickens and season with the salt and pepper.

Hash the chicken and cook it in chicken stock for a few minutes (5), then mix with it the white sauce and serve on small pieces of toast.

Omelet

Small, for only one person.

- 1 Egg.
- 1 tablespoonful Cream.
- ½ saltspoonful Salt (½ drachm).
- ½ saltspoonful Black Pepper (½ drachm).

These ingredients when mixed are the Omelet mixture.

Place the frying pan on the range to heat. When it is hot put in a level teaspoonful of butter and leave on range till butter begins to bubble. Then pour in the Omelet mixture and stir as if you were making Scrambled eggs. When slightly scrambled leave the mixture for about 10 seconds to brown underneath, then with a knife lift one side and turn over on to the center. Do the same with the other side and the Omelet is ready to serve.

Macaroni with Cheese (Napolitaine)

For 4 to 5 persons.

- 5 oz. Macaroni.
- 3 pints boiling Water.
- 8 oz. Cream.
- 6 oz. Milk.
- 3 oz. Grated Cheese (American or Parmesan).
- ½ teaspoonful Salt (2 drachms)
- ¼ teaspoonful Black Pepper (1 drachm).

A dash of Cayenne Pepper (¼ drachm).

CAUTION.—To cook really well allow 3 hours.

Use a copper saucepan. A double boiler takes even longer than the copper. Wash the Macaroni and boil for 30 minutes in three pints of water. Then strain off the water through a colander. Put Macaroni back in pot with the milk and cream and leave to simmer for an hour and a half. Pour into baking dish, add the salt, the pepper, and the grated cheese and brown for 15 minutes in the oven.

Macaroni with Cheese (Napolitaine)

USING CREAM SUBSTITUTE.

For 4 to 5 persons.

Substitute for the 8 oz. of cream above mentioned the mixture given in receipt Number 46. Otherwise follow receipt Number 50.

Creamed Mushrooms on Toast

For 4 to 5 persons.

$\frac{3}{4}$ pound of Mushrooms.	2 teaspoonfuls Sherry.
1 oz. Butter.	1 teaspoonful Salt (4 drachms).
8 oz. Cream.	$\frac{1}{2}$ saltspoonful Cayenne Pepper ($\frac{1}{2}$ drachm).
1 oz. Flour.	$\frac{1}{2}$ saltspoonful Black Pepper ($\frac{1}{2}$ drachm.)

Cut the stems of the Mushrooms, peel the caps and scrape the stems clean. Then wash both caps and stems in a colander in cold water.

Put 2 teaspoonfuls of butter and the stems in one pot for the sauce and leave on range to cook, stirring occasionally.

Put 2 teaspoonfuls of Butter into a larger pot and let it melt. Then put in the caps of the mushrooms, having first cut them into pieces. Put one cup (8 oz.) of cream in another small pot to scald. Add to the mushroom tops 2 teaspoonfuls of Sherry, stir well, then 1 teaspoonful of salt, the black pepper and the red pepper.

Now put into the small pot (where the stems are stewing) a tablespoonful of flour. Stir well. Then pour into the same pot the scalded cream and beat it all up till it is smooth and heavy. Get a wire beater. Hold a conic-shaped sieve over the pot containing the mushrooms and pour into it the sauce. With the wire beater force the sauce through the sieve. Stir and stew for a couple of minutes. The mushrooms are now done. By availing oneself of a double boiler they can be kept waiting for 20 minutes.

Place on small pieces of buttered toast and serve.

Creamed Mushrooms on Toast

USING A CREAM SUBSTITUTE.

For 4 to 5 persons.

Substitute for the 8 oz. of cream given in receipt Number 52 the mixture given in receipt Number 46. Otherwise follow receipt Number 52.

Risotto Milanaise

For 5 persons.

8 oz. Rice.

3 pints good Soup Stock }
1 pint Water } or 2 quarts of Soup Stock.

1 oz. Onions (peeled).

3 oz. Butter.

3 oz. Cheese (American or Parmesan).

1 saltspoonful Black Pepper.

1 flat teaspoonful Salt (4 drachms).

In Italy a little Saffron is generally added but elsewhere it is best omitted as many persons dislike the taste.

Add the 3 pints of soup stock to the water and put to boil. Melt slowly together the butter and the onion using a large, flat copper frying pan. In about 15 minutes, or when the onion becomes slightly golden brown in color and the butter rather dark yellow, they have been sufficiently cooked. Remove the pieces of onion.

Now put the frying pan directly over the fire so as to get as much heat as possible and drop in the rice. From now on, stir the rice continuously with a wooden spoon. A metal spoon would break the rice grains. After stirring the rice for 2 minutes in the butter it will become covered with foam and slightly pinkish in color. It is now time to begin adding the soup stock. Pour this in, about 8 oz. at a time or as much as the rice seems able to absorb in 4 or 5 minutes till all has been used and the rice tastes cooked. Lastly add the cheese, but do not let it cook. It should only be allowed to melt. Before serving sprinkle over the Risotto a saltspoonful of pepper and the salt (provided the soup stock has not already been salted).

The dish will keep on back of range, if covered, for an hour or even an hour and a half, but if possible should be eaten at once.

CAUTION.—Never add water after the rice has started to boil.

Soufflé (Cheese)

For 5 persons.

- 2 oz. Butter.
- 2 oz. Flour.
- 1 pint Milk.
- 4 oz. Cheese (Parmesan or American).
- 4 Egg yolks.
- 5 Egg whites.
- 1 teaspoonful Salt (4 drachms).
- 1 teaspoonful Black Pepper (2 drachms).

Melt the butter in an aluminum saucepan and to it add the flour.

Scald the milk, and when scalded, add it slowly to the butter and flour solution and beat this mixture over the fire with a round wire beater. As soon as it starts to boil remove it, for, if allowed to boil it will collapse easily when finished. Then add the yolks of 4 eggs and heat over fire for 2 minutes or until the mixture thickens. Then remove from range and add the grated cheese in small quantities, mixing slowly and continually till melted.

Beat the egg whites stiff with the Dover egg beater, adding to these before beating a pinch of salt. Stir the whites gently with the rest of the ingredients and when uniformity of color has been attained add the salt and pepper. Grease a large baking dish with butter and fill it with the soufflé compound within half an inch of the brim.

Bake in oven at about 300° for about 25 minutes.

Peas (à l'Anglaise—liés)

For 4 to 5 persons.

- 1 lb. small Peas.
- 1 quart Water.
- 1 oz. Butter.
- $\frac{1}{2}$ teaspoonful Salt (2 drachms).
- $\frac{1}{2}$ saltspoonful Black Pepper ($\frac{1}{2}$ drachm.)

Boil the Peas in a quart of water for about 25 minutes or until they seem sufficiently cooked to the touch, then strain through a colander and place the peas in a flat saucepan with an oz. of butter. Cook till the butter is melted. Then jerk the pan in such a manner as to toss its contents. This motion will cause the peas to get wrapped in the butter and to become what is known in French as "liés." Continue tossing for a couple of minutes.

Creamed Potatoes

For 5 to 6 persons.

Peel and cut into small pieces one and a quarter pounds of potatoes and boil in 2 quarts of water with one teaspoonful of salt for 10 minutes.

The Sauce

1 oz. Butter.
1 oz. Flour.
12 oz. Milk.
1 teaspoonful Salt (4 drachms).
1 teaspoonful Chopped Parsley.
1 saltspoonful Black Pepper (1 drachm).

} Make like White Sauce.
See receipt Number 46.

Put in oven for ten minutes to brown.

Broiled Chicken

One and a half pounds.

To broil a 1½ lb. chicken place bird on buttered grill and hold over open fire for about 4 minutes, turning every minute.

Then invert the bird and place it in a pan of a suitable size to fit it. Drop 3 teaspoonfuls of butter (half an ounce) on the chicken and place it in the oven.

Remove from oven and turn bird in pan every 5 minutes for 20 minutes, that is to say 4 times in all.

Sprinkle chicken with a saltspoonful of salt and half a saltspoonful of black pepper. Then carve and serve.

Noisettes of Lamb

Do not salt and pepper the meat at first. Grease the grill thoroughly with half an ounce of butter and expose the meat to the open fire for about 10 minutes, turning the grill continuously. Then salt and pepper it and grill for another 5 minutes or until the Noisettes appear the right color.

NOTE.—No red meat of any kind should ever be fried (Sauté in French).

Articles of Which Large or Indefinite Quantities Are Generally Required

Bread

16 Pounds.

Evening at 6 o'clock.

The dough.

4 oz. Butter.

12 lbs. Flour.

6½ oz. Granulated Sugar.

4 oz. Salt.

1 oz. Yeast (2 yeast cakes).

2 quarts water.

Put the butter into the sifted flour. Crumble and rub flour and butter with fingers till the lumps of butter in the flour are no longer noticeable to the touch. Now mix in 6 ounces of granulated sugar and 4 ounces of salt.

In a small bowl put the yeast cakes with one teaspoonful of sugar and dissolve in half a cup of water (tepid). When well dissolved pour this into the bowl of flour and add about 2 quarts of tepid water. Knead for about half an hour or until the lump of dough ceases to adhere to the sides of the container. Occasional infinitesimal swellings like tiny bubbles should by then be perceptible on the surface. These prove the yeast is beginning to work. Cover the container and leave in a warm place over night to rise.

The next morning at 7.

The dough will have risen over night so that by morning, having at least trebled in size, it will probably be sticking to the lid of the container.

Butter the bread pans well so that the loaves will not stick to them. Scatter some flour on the bread board and on your fingers to prevent the dough from sticking.

Dig boldly with hands into the dough supply and pull out a piece suitable to fit one of the bread pans. (To fit, the piece should be about the same length and breadth, but somewhat less than half the height of the pan.) Knead this lump for one minute, roll it out on flour-strewn board and place in pan. When all the pans have been so filled place them on the shelf on the back of the range for 1¼ hours, during which time the dough will rise to the top of the pan.

The Baking

An hour and a half later.

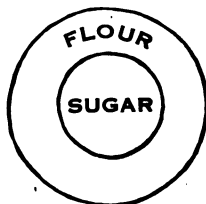
Put the pans in the oven at temperature about 280° by the oven thermometer. As the back part of the oven is hotter than the front part change the place of the pans occasionally. Bake for one hour. When finished all the loaves together should weigh 16 pounds.

Puff Pastry (Pate Feuilletée)

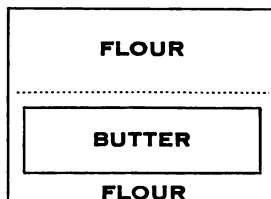
3 pounds.

The Paste. — 18 oz. Flour. 12 oz. Water.
1 oz. Granulated Sugar. 17 oz. Butter.

Dispose on a marble table the first two ingredients above given, thus:

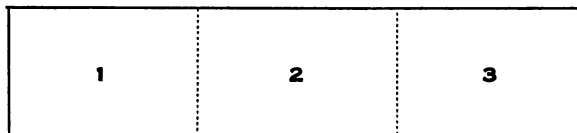


Pour the cold water, a small quantity at a time, into the center of the ring of flour, mixing gradually with the fingers in an ever-expanding circle, so as to keep the water from flooding the table. After the butter, flour and sugar have been absorbed, knead the lump, using fingers for a minute, then, with a rolling pin, roll it out into a sheet about one-sixth of an inch thick. Now knead the butter till it becomes soft and pliable, rolling it out to the same thickness as the flour paste, with the rolling pin, and place the sheet of butter on top of the sheet of flour, thus: → folding the sheet of flour at the dotted line in such a way as to completely enclose the butter. Press the edges together and put in ice box for ten minutes.



The “turns.”

Roll out the paste on the marble slab to about a quarter of an inch in thickness and fold the sides over on to the middle section, thus:



Put 1 on to 2, then 3 on to 1.

Turn the paste half-way around so as to roll in the opposite direction and repeat the process. (Always roll rolling pin in the same direction.) The pastry has now had 2 “turns.” After each 2 turns place the paste in the ice box for 10 minutes. Six turns are necessary. After these have been completed place the pastry in the ice box till required for baking. The supply should keep good for about 5 days.

Baking. — Pastry in which no sugar icing is used should be baked at a temperature about 400° till texture becomes crisp and brown. For pastry which has been sprinkled with sugar 300° is sufficiently hot.

Puff Pastry

Quantity of Cake, etc., Represented by 3 lbs. of Puff Pastry

One Vol au Vent about 7 inches in diameter and large enough for 5 or 6 persons, and 12 Bouchées, size 3 inches in diameter, and 40 Cakes (Palmes, see below), size 2 by 3 inches.

Palmes.—12 oz. of Paste makes about 12 cakes.

Roll out very thin to about an eighth of an inch.

Smear the surface of the paste sheet with some egg yolk, sprinkle heavily with sugar, then fold the paste thus:

Fig. 1. First Folding

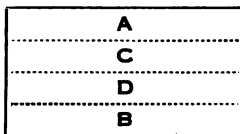


Fig. 2. Second Folding

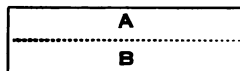
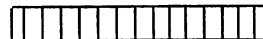


Fig. 3. Cutting



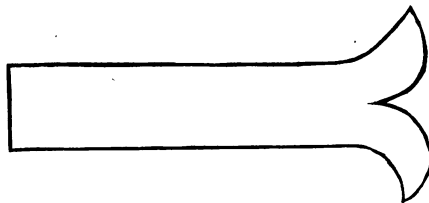
FIRST FOLDING.—Fold A and B on to C and D so that the edges meet in the middle. They must not

overlap.

SECOND FOLDING.—Fold A on to B and cut the strip of paste into pieces about half an inch wide as indicated in Fig. 3.

When placing on baking tray separate the ends of the cake thus:

and sprinkle the cakes with sugar. Have the oven at about 300°. After 10 minutes turn the cakes upside down, as otherwise the sugar would be liable to burn. Bake for another 10 minutes.



Vol au Vent.—For 6 persons.

7 inches in diameter. Takes about 12 oz. paste.

Sprinkle the marble topped table with flour and roll out pastry to three-quarters of an inch thick. Invert a plate on the pastry to serve as a guide while cutting, and cut along the edge, holding the knife slanting outward. Notch every half inch around the edge with the back of the knife and with a pastry brush rub some egg yolk over the surface of the paste.

CAUTION.—Be careful that the egg does not ooze over the edge of the paste.

Cut out a circle 3 inches in diameter in the center of the paste, and without removing it, bake in oven at a temperature about 400° for half an hour. After baking remove the center ring of paste, scoop out the damp interior of the Vol au Vent, fill it with creamed mushrooms or whatever else is desired, replace the top and serve.

"L'Espagnole"

2 pounds.

Foundation for Sauces, Demiglace, Diable, and most dark sauces. Keeps for 2 weeks in winter but should be recooked every 2 days.

(When recooking dilute slightly in a little soup stock.)

- { 3 oz. Butter.
- { 1 oz. Celery, chopped fine.
- { 1 oz. Carrots, chopped fine.
- { 3 oz. Onions, chopped fine.
- 6 oz. Flour.
- 4 oz. Salt Pork, chopped.
- 1 pint Tomato.
- 2½ pints Soup Stock.
- ½ oz. Whole Pepper.
- 2 Bay Leaves.

Use a copper saucepan.

Melt the butter and put in the celery, the carrots and the onions. Boil these for 10 minutes, then add the flour quickly, mix, then the pork and the tomato. Boil for another 10 minutes, then put in the remaining ingredients. Boil for 5 hours. Then force through a fine sieve.

Chou Paste

For Eclairs, Cream Puffs, Gâteau Saint Honore, Etc.

This receipt will make 12 Cream Puffs.

- { 2 oz. Butter.
- { 4 oz. Water.
- 2 Eggs.

Leave to heat on range the bracketed items. When the water is beginning to boil (not boiling hard) put in the flour quickly. Stir hard. After a minute remove from range and add the eggs.

Cream Puffs

For 5 persons.

Press through pastry bag on to pan (previously greased and sprinkled with flour) and bake in moderate oven till light brown and crisp.

Chocolate Filling and Sauce for the Above

- 1½ oz. double Vanilla Chocolate.
- ½ oz. Granulated Sugar.
- 8 oz. Whipped Cream.

Put the chocolate in a pan in the oven to melt. When melted mix with the whipped cream and the sugar. Cut the puffs in half and fill them with the cream filling. Pour over them the rest of the filling as sauce.

Preserved Peaches

4 lbs. Fruit.

2 lbs. Granulated Sugar.

4 pints Water.

Put a wire basket containing 6 peaches in a pot of boiling water and leave to simmer for about 5 minutes. This loosens the skins.

Cut the peaches in halves or quarters. Remove stone, peel and pack in jar.

Boil the sugar and water together to make the syrup and pour it on the peaches in the jars. Put on (Economy can) covers and place jars in boiler canner with water covering three-fourths of the jar. Leave in canner one hour after the water begins to boil.

Orange Marmalade

Receipt makes 6 pints of jam.

6 lbs. Orange Juice (24 to 28 Oranges).

The rind of 3 Oranges.

4½ lbs. Granulated Sugar.

The Grated rind of 3 Oranges.

Grate the outside rind of three oranges.

Cut 24 oranges into quarters and squeeze out the juice and the pulp into an agate saucepan adding the sugar in the proportion of three-quarters of a pound* to a pound of Orange juice and put to simmer.

Take the rind of 3 oranges, boil it in water for 10 minutes and when cool remove the white inside portion of the skin with a spoon, cutting the thinned out pieces of rind into tiny cubes. Add this to the jam in an agate saucepan and simmer for an hour and a half or 2 hours, stirring and watching continually after the first half hour to prevent burning. (If copper saucepan is used simmer for 4 hours.)

When the mixture has somewhat thickened (see sugar test, page 28) pour it into the jars and after these have cooled seal with paraffine wax.

*NOTE.—The usual proportion in jam making is a pound of sugar to a pound of fruit.

Hard Soap

8 lbs. clean Grease or Tallow.

1 oz. Borax.

13 oz. Lye.

2 qts. Water.

Empty the contents of a 13 oz. can of Lye and one heaping teaspoonful of Borax into a china pitcher containing 2 qts. of water and stir with a wooden spoon. The Lye will dissolve at once and become very hot. Leave it for 2 hours till it cools. Now take 8 lbs. of clean grease or tallow free from salt, warm until melted, then remove from range and commence pouring the Lye into the fat gradually in a small stream, stirring constantly. After all the Lye has been added, the stirring should be continued until the mass is thick and uniform throughout. It is then ready to pour into a suitable mold. This quantity will cut into about 14 large cakes of soap.

The Borax is supposed to counteract the corrosive effects of the Lye.

Some Elementary Points on Cooking The Oven Thermometer

To Cook	HAVE OVEN AT ABOUT
Puff Pastry, Beef	300° to 400°
Meat Pies and Bread	280°
Pork, Veal and Mutton	270°
Sponge Cake, Angel Cake, etc.	260°
Meringues	240° to 250°
Do not attempt to cook with oven under	230°

Copper and thick aluminum utensils cook slowly and do not risk burning their contents. Agate cooks quickly and requires watching and stirring to prevent burning.

Milk, eggs and cream in sauces, etc., should always be cooked either in a copper saucepan, or in a double boiler. Eggs will scramble quickly if exposed to great heat.

When possible, in filling a receipt, always mix the dry ingredients first, then add the liquids.

In using soda with a damp mixture always first dissolve the soda in water. Proportion: 1 heaping teaspoonful soda to 1 tablespoonful water.

Before beating whites of eggs for use in cakes, etc., it is advisable to add to these salt in the proportion of half a flat saltspoonful of salt to 5 egg whites.

When cooking rice always stir it with a wooden spoon; a metal spoon breaks the grains.

When mixing flour and boiling water pour them together as quickly as possible else the resultant mixture will be full of lumps.

The ovens in a coal burning range are equipped with an iron lattice tray. When placed in or above the center of the oven this tray can only be used for browning, not baking. Articles to be baked must be placed either on the bottom of the oven or on the tray within 5 inches of the bottom.

Cake, when baked in too hot an oven will be hard and dry around the edges and soft and flabby in the center. It is well to remember that it is easier to try to bake a cake for 15 minutes in the oven at 375°, than to bake and watch it in an oven at 260° for 40 minutes.

Quantities and Their Significance

In providing for a number of persons it is well to know that in buying joints one should allow for a quarter of a pound of bone and waste out of every pound of meat.

Butter. — One quart of good cream makes one pound of butter. One ounce of butter makes into 4 round pats one inch in diameter.

Bread. — 12 ounces of flour makes one pound of bread.

Cream. — 8 to 10 quarts of milk yield one quart of cream.

Cocoa. — There are 100 teaspoonfuls of Cocoa in one pound of Cocoa. One heaping teaspoonful of Cocoa makes one cup of Cocoa.

Coffee. — Two heaping teaspoonfuls of Coffee make one cup of coffee. In one pound of coffee there are 100 heaping teaspoonfuls of coffee. The same amount of coffee with half the amount of water makes a cup of black coffee. For coffee extract take 1 heaping teaspoonful per person.

Tea. — One heaping teaspoonful of tea makes one cup of tea. In one pound of tea there are 110 heaping teaspoonfuls of tea.

Lump Sugar. — 100 average sized pieces of half lump sugar weigh 1 pound.

Meat. — The knife test. To reveal commencement of decay. (From the Manual for Army Cooks.)

Insert a clean knife blade in the meat to the bone, and if it can be extracted without resistance of the tissue it is an indication that the meat has begun to decay. The smell of the blade will indicate whether decomposition has commenced.

Bacon. — In a box containing one pound of bacon there should be about 26 large slices of bacon each capable of being halved.

Two whole large slices weigh about one ounce.

Calf's Liver. — The substitution of Beef's liver at \$0.20 per lb. for Calf's liver at \$0.40 per lb. is a favorite and easy swindle.

Beef. — Beef should be bright red, heavily streaked with white (fat).

Thirteen pounds of first cut beef, when waste is cut off, will weigh about 10½ lbs. Thirteen pounds of first cut beef is equal in meat to about 16 lbs. second cut.

Chickens. — There are no fresh 4 lbs. roasting chickens in May, June and July. All are cold storage. Fowls, however, can be had fresh all the year.

Ducks. — In an old duck the bill and windpipe are stiff and cannot be crumpled.

Weights and Measures

Dry	Avoirdupois	Liquid
2 pints = 1 quart	27.3 grains = 1 drachm	4 gills = 1 pint
8 quarts = 1 peck	16 drachms = 1 ounce	2 pints } = 1 quart
4 pecks = 1 bushel	16 ounces = 1 pound	32 oz. }
	2000 pounds = 1 ton	4 quarts = 1 gallon

Capacity of Barrels

1 barrel of Flour contains 196 lbs. Half a barrel contains 98 lbs.
 1 barrel of Sugar contains 332 lbs. Half a barrel contains 166 lbs.
 1 barrel of Potatoes contains 150 lbs. or $2\frac{1}{2}$ bushels

Kitchen Measures

For Salt	For Liquids
4 flat teaspoonfuls = 1 tablespoonful	4 teaspoonfuls = 1 tablespoonful
8 tablespoonfuls = 1 cup	8 tablespoonfuls = 1 cup
1 saltspoonful = 1 drachm	16 tablespoonfuls = 1 pint or 2 cups
1 tablespoonful = 1 ounce	
2 cups = 1 pound	

Equivalents

1 ounce	= 30 grammes.
$1\frac{1}{2}$ pounds	= 1 livre.
$2\frac{1}{2}$ pounds	= 1 kilogramme.
1 cup Butter weighs.....	8 oz.
1 cup Cornmeal weighs.....	7 oz.
1 cup Grated Cheese (American) weighs.....	5 oz.
1 cup Flour weighs.....	$5\frac{1}{2}$ oz.
1 cup Rice weighs.....	8 oz.
1 cup Granulated Sugar weighs.....	8 oz.
1 cup Powdered Sugar weighs.....	$5\frac{1}{2}$ oz.
1 peck Potatoes weighs.....	15 lbs.
1 peck Spinach weighs.....	5 lbs.

**This book is under no circumstances to be
taken from the Building**

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